



Quarterly Newsletter

April-June 2020



MESSAGE FROM THE DIRECTOR



Since the Corona virus disease continues to take the lives across the world, another crisis is raising its ugly head i.e. mental health. Many people are coping up with the impact of Covid-19 lockdown, as it puts a limitation on them to go outside to work, and meet their friends, family and loved ones. Sadly, young children and adolescents are also facing a prolonged state of isolation for more than three months as they are unable to meet their friends, play outside with friends and visit the school. Moreover, the quarantine time is also affecting the parents with negative effects of confusion, anger and post-traumatic stress, which is unknowingly affecting their children.

It is essential to identify mental health symptoms within yourself and your young ones by noticing symptoms like losing temper easily, change in sleeping patterns, difficulty in concentrating or sleeping. And, especially those who already have a history with depression and stress as social isolation may worsen their previous mental condition.

Be gentle and supportive of them during this crisis. Stay connected and communicates with them. Discuss happy moments, common interests, ask them to help you with cooking or listen to music. It's important to keep yourself away from social media and news. Keep yourself engaged with something engaging and productive. You can paint, bake, cook, read or play interesting indoor games with your family members.

Remember, good mental status in the difficult times may win you the battle more easily!

Director
Vidyun Goel
The Toy Bank

E- Learning during Covid-19 Lockdown

On 24th March 2020, the government of India ordered a nationwide lockdown by limiting the movement of the entire population of India to avoid contamination of Covid-19 infection. The Lockdown has affected the children and adolescents as they are most likely to experience anxiety, depression due to physical isolation from their friends, as well as teachers, extended family and community networks.

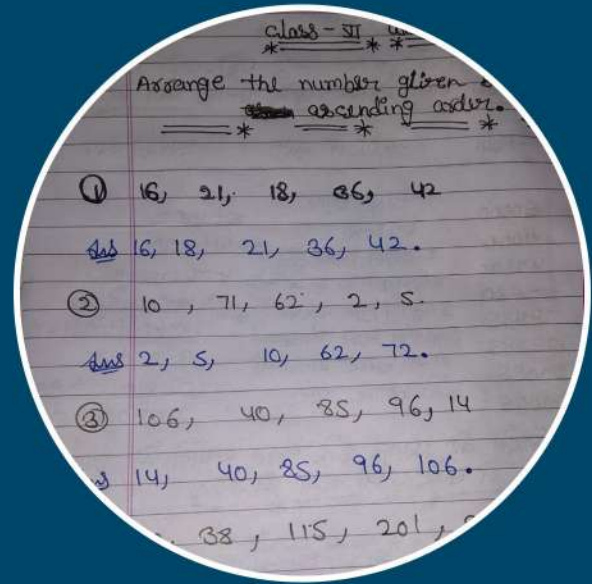
Keeping the mental health of the children of the highest importance, The Toy Bank has created and implemented an E-learning material from the month of April, 2020 for the students studying in Municipal schools of Delhi under "**Reach and Teach Program**". The students receive worksheets and guiding videos on drawing, art and craft, puzzles, word power and various other engaging activities to not only improve their learning capacity in language, numeracy, environmental awareness but also **to keep the students mentally stimulated and engaged at home during the crisis.**

Thankfully the technology has brought the imparting of education at homes, and now the learning continues. We have received touching stories from the students during **the lockdown period, summarizing on how they have spent their day and coping with the challenges at home.**

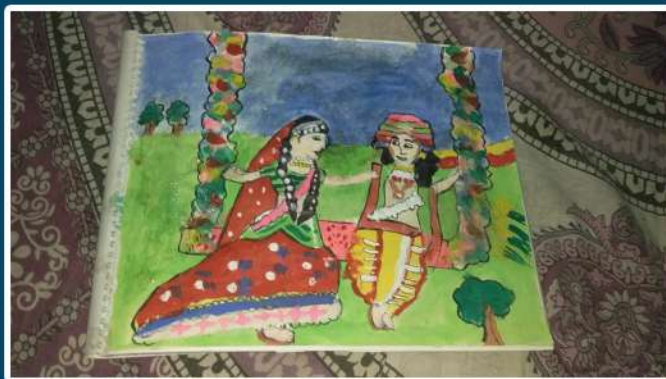
Going out and play isn't possible, and I don't have siblings at home. I have completed my holiday homework as well. To keep myself occupied during the lockdown, I draw sketches. I am also working on my Hindi Speaking skills through YouTube videos. I wish this lockdown gets over very soon and I get to play with my friends again. – Yalda



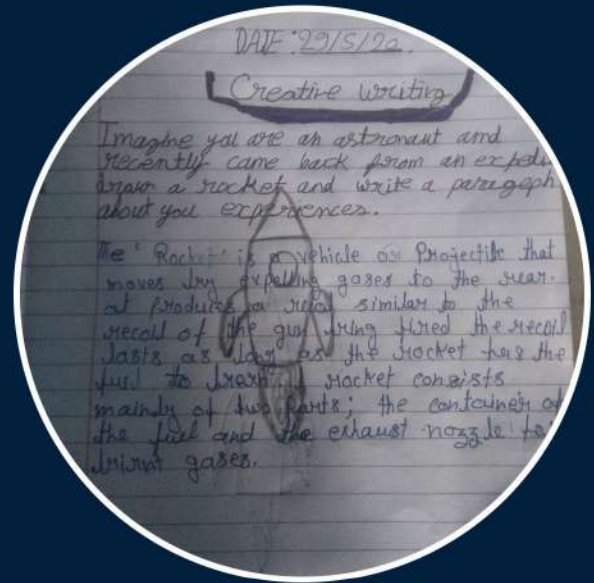
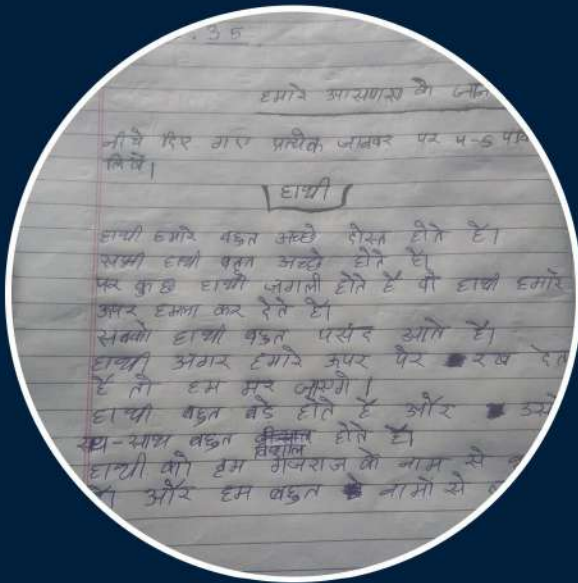
❖ Ishana from fifth grade was unable to submit her worksheets on time as only her father has a smart phone and he goes out for the work. She waits for her father to come back home at 10 PM in the night and borrow his phone at night to complete her worksheets and submit the same by midnight.



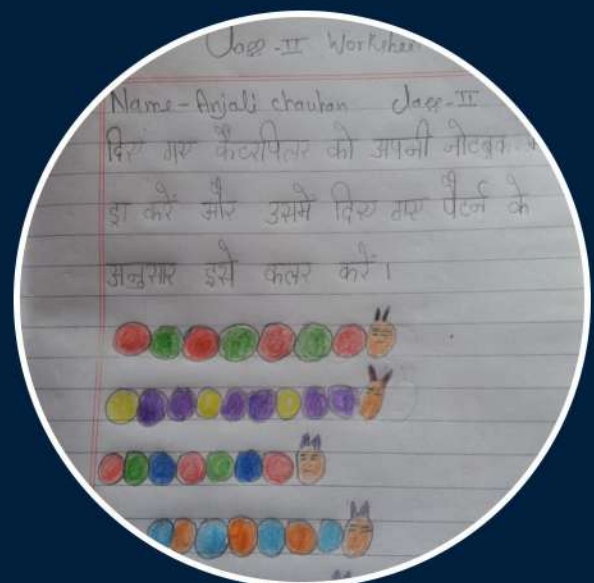
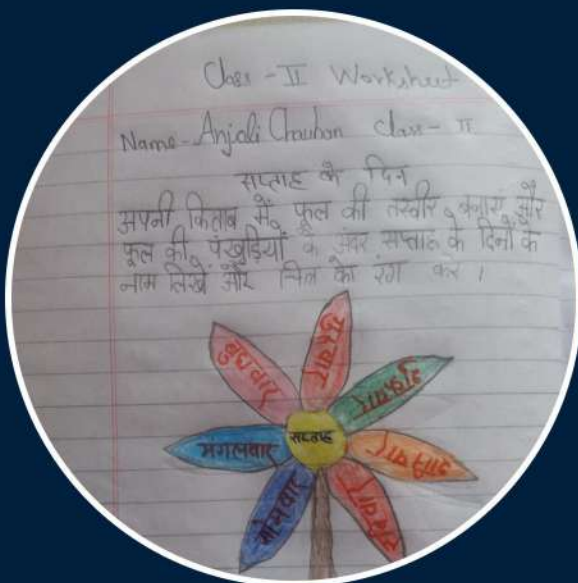
❖ These holidays gave us surprise visits. Earlier, I was confused about what I should do during these holidays. But then I thought of utilizing these holidays by polishing on my drawing skills. These holidays are the best. I got so much time to spend with my family. We are lucky that we are safe in our homes in this scary situation. I wish that soon we come out of this pandemic situation because I miss my friends and school. – Kanchan

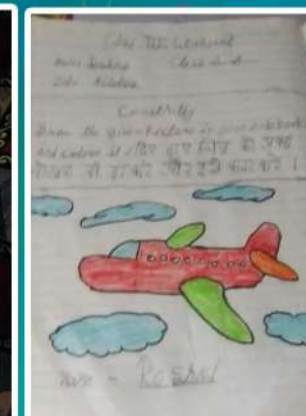
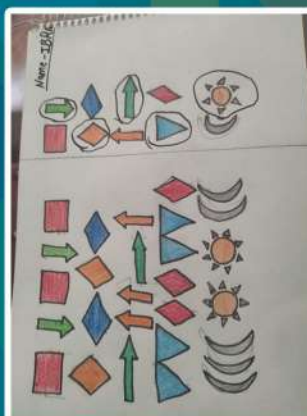
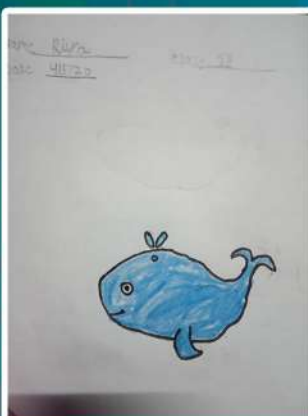
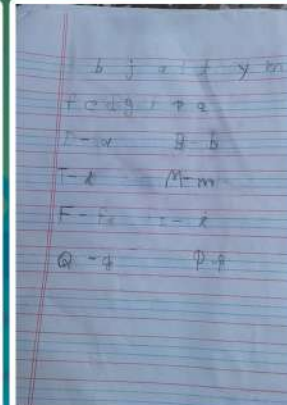
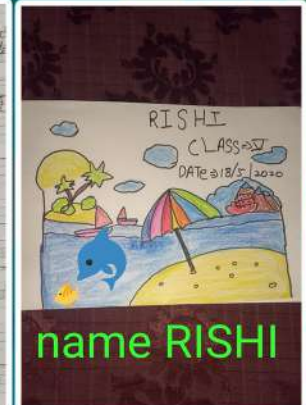
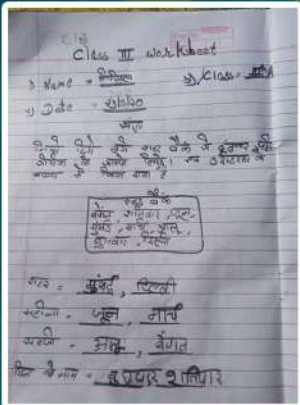
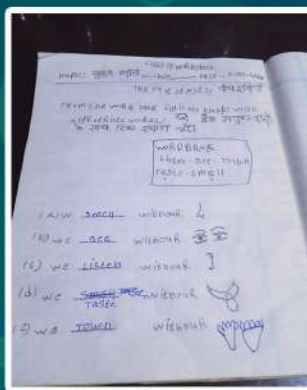
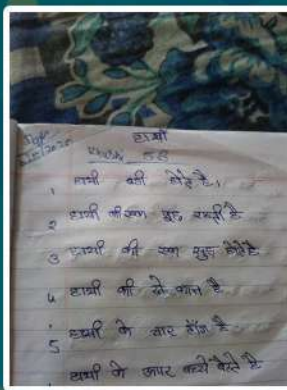
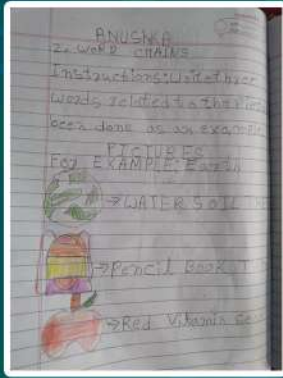
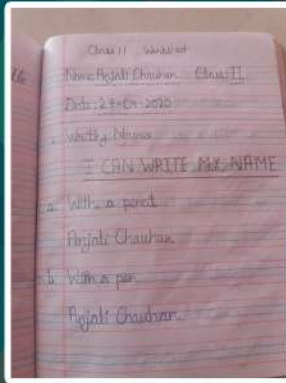


- ❖ A nine-year-old boy Raunak loves to play and draw. But going out and play is not possible. During the lockdown, when most of them were depressed at his house, he was always excited and waits for his Kheya ma'am (Playroom in-charge) to share worksheet. He is the first one in the class to complete his worksheet and always asking for more worksheets. Moreover, **his mother told us that he always asks us to look at the positive sides of staying at home to keep our spirits high.**



- ❖ Second-grade student Anjali is waiting for the school to re-open. Her parents are still adjusting with the stressful lockdown as they are still working to make ends meet. She doesn't get much support from her parents in completing her worksheets. **But, with the help of reference videos shared by The Toy Bank along with the worksheets, numerous students alike Anjali can understand and complete their task.**





Toys for Emotional Well-being

The first five years of a child's life is a period for speedy brain and behavioral development. And, Quality early education program sets-up children to succeed in life. It is a significant period, where a child develops the foundations for thinking, behaving and emotional well-being. Therefore, play-based learning in these significant years encourages language and pre-literacy skills, improves their social and emotional skills, and fosters creativity and imagination. And, to enhance and improve these skills, the government of India has provided Anganwadi centres for the children of age-group 0-6 years. Here, one of the key objectives of the centre is to lay the foundation of proper emotional, physical and social development of the child.

To recognize the significance of early childhood education, The Toy Bank creates Toy libraries in Anganwadi centres to ensure the development of the child takes place through early stimulation from play-way-method. The Toy Libraries increases the access of toys, storybooks, and board games, rattle toys, educational aids and much more. Different variety of toys will involve the children in physical and mental exercise. It concentrates on providing holistic childhood development through toys and board games. Since during these years, a child develops social,

A few months ago, The Toy Bank had created an Educative Toy Library in Anganwadi centre of Khundroth village Alwar, Rajasthan. The village is twenty kilometers apart from the Neemrana city, where you will not find any public transport or good mobile network. Here is the story of one such student whose behaviour has changed after the creation of the Toy Library in the Anganwadi centre. **A four-year-old boy name Anshul, who was aggressive, outspoken, famous for his bad behaviour and use of inappropriate language. He would always be the root of all the ruckus and commotion, which affected the other children visiting the centre. Earlier, the Anganwadi worker had to put additional efforts to compose Anshul and make him sit quietly with other children.**



But now, after the creation of the toy Library, Anshul has started listening to the Anganwadi staff as it's the only way or an opportunity for him to play with different variety of toys. Anganwadi worker, Ms Suman told us that after the creation of the Toy Library, Anshul has started visiting the Anganwadi centre regularly. Now, he is more composed and started listening to the staff members as he wants to put his hand on all the different kind of toys and board games. He is always curious and wants to know everything that comes into his mind while playing with the toys. By playing structured (as per the activity modules) and unstructured play sessions, he has learned the names of animal around us in English, colour names and modes of transport and much more. Moreover, he has also started playing with other kids and able to resolve any conflict himself when it arises with his friends while playing with the same toy.

The worker believes that the creation of the Toy Library has brought a positive change in her centre as earlier there was no educational aids or toys were present in the centre to keep the children engaged. All the children started taking active participation in the play-sessions conducted by the Anganwadi worker. They not only learn something new but also generate a sense of curiosity within themselves to learn even more

Moreover, after the creation of Toy Library, there has been a 50% increase in the average attendance of the children. The parents are also happy to send their children to the centres as they do not have any access to toys at home and always come with a big smile.

We can say that the Anganwadi Toy Connect Project under The Toy bank, is not only a source of increasing the accessibility of toys to children of the weaker section but also helps in enhancing the holistic development of the child through toys. By working on all the domains such as sensory, fine and gross motor skills, social, emotional, language, teamwork, and much more to have social and emotional well-being.



Fostering Creativity

Creativity is the most independent form of self-expression. There is nothing more satisfying than children able to express freely. The ability to be creative and to be able to create something from our personal experiences nurtures and reflects a child's emotional health. The first-hand experiences of the children intensify the development of creativity.

Children of all age need plenty of opportunities for being creative. And, these opportunities start by engaging the children with their interest and ideas through **CREATIVE PLAY**. Unfortunately, many children living in vulnerable conditions in India have little or no access to play material. The Toy Bank aims to bridge the gap and provide equal opportunities to all these children of India by increasing the access to toys, board games and other educational aids.

To increase the access to toys and other educational aids to the children, The Toy Bank has created Safe Playrooms in municipal schools of Delhi. These playrooms have more than one hundred different varieties of toys and other play-material to engage children in creative and constructive play. We have witnessed various students enhancing their creativity, speaking skills, building confidence, language skills and so on through play.

However, the case of **Nitin** from **fourth grade** of South Delhi Municipal School, RK Puram is quite exceptional. When he first visited the playroom, he didn't play but observed all the games very carefully, which is not common in a fourth-grade student. Further, in his next visit, he selects the Lego. He started investigating all the Lego pieces one by one. After exploring, he started building piece by piece. In his every visit in the playroom, he continued from where he started in, when other students were busy exploring all the different kind of toys and board games present in the Safe Playroom. In four consecutive free playtimes in the Safe Playroom, he constructed a facility where all the workers are working. At the end, he explained the role of every unit created by him in detail to the class. The playroom in-charge appreciated him and asked the origin of the idea, to which he replied **by factories and big plant which he, has seen on television and wanted to see in real**. **Nitin also added that he never saw the game Lego and the curiosity to explore pushed him further to choose this game.**



Safe Playroom is not just a room of toys and board games to keep the children engaged. But, a place where they feel safe and use their creativity while developing their imagination, physical, cognitive, language skills, numeracy skills, environmental awareness, and emotional strength. **Nitin is a perfect example for using his creativity and determine to use his imagination and experience to construct into something new which he has experienced personally.**

Safe Playroom Program aims to improve the learning levels of the students by conducting play sessions from class nursery till fifth. In the play sessions, activity modules are conducted which includes play-based activities and, free play. These multi-purpose activity modules will incorporate the basic numeracy, language, environment and others into the student's structured and unstructured play sessions to enhance the **holistic development of a child through toys and other aids, by working on all the domains such as sensory, fine and gross motor skills, social, emotional, language, teamwork and much more to have social and emotional well being and stability.**





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