

PLAY WISELY

Martina Kramerová

PLAY WISELY

What is it?

It is a developmental system which is based on the system of fun and effective system of learning.

We use the critical wiring period

We give to parents the tool how to improve brain of our children.

Wellness – for children it is to development of their skills how to go step by step through learning in a right way

GOALS OF PLAY WISELY

Optimize child's natural potential – wellness for their body and brain, they have abilities to optimize their playing or learning.

The child can be successful in every side in his/her life.

Physical ability is an anchor for learning as well as in general development.

First they need to learn how to orient in their environment

The background was changed and we need to add them tools and stimulating environment for learning

WHAT WAS CHANGED?

Mobility- family does not live together

Technology – we have to figure out how to use it in a good way

Medical

Play opportunities

PLAY WISELY BENEFITS

We learn parents to play and children play to learn

You know how to stimulate your child in one side of their system

We want to show you how to put all of things together in one system

WHAT IS A PLAY?

It is necessary natural activity.

Family can do it together.

PHILOSOPHY OF PLAY WISELY

It is not about to make your child super genius.

Our goal is to develop our child to improve their potential in their future.

To join movement to teaching .

To teach rules of a game “Learning“

Flashcards are really good – children love them

They have something exciting in their background for learning and fun

There is a strong connection with Montessori method

3 BODY AXES

L or R side?

When you practise the worse side, that better one is going to be better and better as well.

PLAY WISELY AS A SYSTEM

Gravity, movement, learning.

The Directionality method

Build essential neural architecture.

Teaching and child and training a brain.

IQ is not the most important.

The real intelligence is how quickly we can response on the information – performance loop.

Flashcards.

- 7 types of flashcards

THE DIRECTIONALITY METHOD

Cognitive instincts

Motor reflexes

Cognitive card system

- **GOALS: quality of sensory system function coordination**
 - **=essential neural architecture**

FLASHCARDS AND THE BRAIN

We develop field navigation skills
(learned skill)

The development of their neural system

Clarity of perception

Pattern recognition (songs)

Foundation learning skills

- Attention
- Perception
- Memory
- Language
- Rules to the game of learning

BRAIN

The brain is still developing but by the age is still slower

2 ys old children spend twice the energy of an adult brain – obdolie vzdoru

That is why we need to speak with them continuously = they know 300more words than others

What is interestenig?

Language – each child is able to learn any language of the country they are in.

BUT! – this is possible up their 6/7ys. Then it is much more difficult and not authentic

It is made of neurons

Their connections make them do activities such as walking, crawling, running, speaking...etc.

HOW?

- Intensive stimulation
- Do not push your children
- Do activities often = neural pathway
- Make it useful
- Make it practical
- Make it new but use the same practise steps
- Make more variations

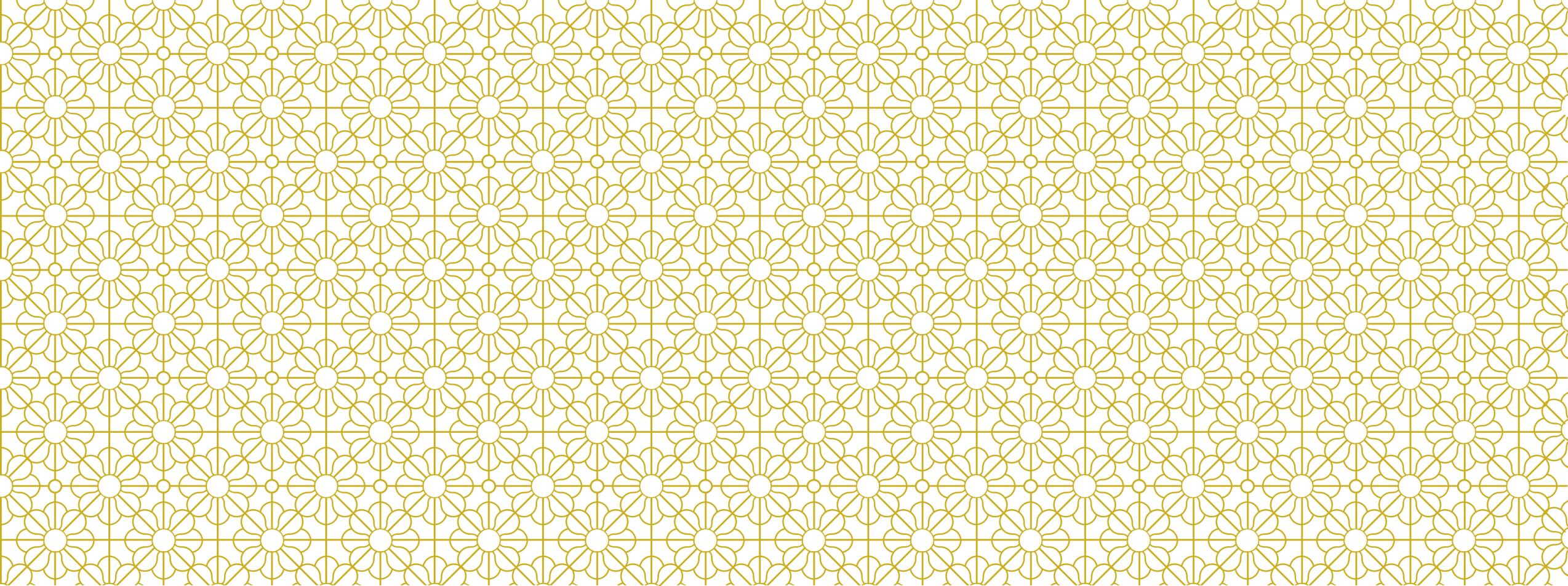
COGNITIVE INSTINCTS

We have born to pass to survive.

Abstract cognitive instinct (vyplazenie jazyka a napodobnenie)

We use this instinct for babies in Play Wisely

We show some things which they can do it as well (moving hands, tongue...)



PLAY WISELY II PART

Mgr. Martina Kramerová

PLAY WISELY 2

VÝVOJ MOTORIKY

Dieťa by sa malo vedieť dobre pohybovať do strán a hore dole

Keď sa toto všetko rozvíja, dieťa si verí

Child is a self confident when he/she can move

Child who can not to touch, to go where he/she want is scared

Child should be self confident with the environment, then he/she is self confident from psychological point of view

SOME ACTIVITIES

We want to make a perfect neuron circles in their brains

E.g. walking

Each child is able to walk around
12/13 months

- But we want to them to be able to walk on stable and unstable surface
- Restricted space
- Several levels of surface

Balance

Strength

Translations

Rotations

We do it because each body has three axes, we can move horizontally or to spin. Up and down, front and back, from side to side. Or we can have rotation, kotumelec, kývanie z boka na boka.

SOME ACTIVITIES

Core skill

- According to its location, direction, motion

Some activities:

catching and throwing

- positions are in the same position but their level is different

-babies – on their back or tummy, he/she is holding the ball, different sizes of balls, we can use a tiger position/football holding, we can use a bar for holding the ball, it can swing, he/she can touch it

Up to age 12ms they will use the hand of the object's side