

Let's make a phonics cartoon  
Line examples;

- 1 "I can't decide on my costume!"
- 2 "Hello! Let's wear the same costume for the Halloween Party!"
- 3 "Hi! Sure, let's."
- 4 "I want to be a mummy. What do you think?"
- 5 "That's cool! Yes, I do!"
- 6 "Hurry up! We're running late!"

Please share  
your ideas!

"Hiraku" provides useful information  
and the latest news related to  
English and childhood education.

- Your recent interests
- Topics you want us to cover
- New content etc etc...

If you have ideas to contribute,  
please share these with us!

"Hiraku" Editorial Department  
TEL : 06-6135-0150  
Mail : hiraku@kinderkids.ed.jp



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Kinder Kids Inc.  
TEL : 06-6135-0150  
Pulala Tenma 2F, 3-1 Ikeda-cho,  
Kita-ku, Osaka-shi, Osaka. 530-0033  
[www.kinderkids.com](http://www.kinderkids.com)

Expanding future possibilities

# Hirakû



Let's learn about athletic kids! Try the cool poses of Waving Wizard

Staff Spotlight Taking elementary school entrance exams

Let's make a four panel cartoon The Results!! Hiraku Survey



# P.E.

Physical Education

Let's learn about athletic kids!



## Feature Story

Check it out

### 10 signs of frail children

Children experience a variety of physical changes. Is your child okay?

- Poor posture
- Feels tired often
- Swallows without chewing
- Unable to sleep at night
- Poor social skills
- Lies down on the floor whenever there's a chance
- Trips and falls often
- Unable to brace themselves when they trip
- Become injured for unknown reasons
- Stiff body

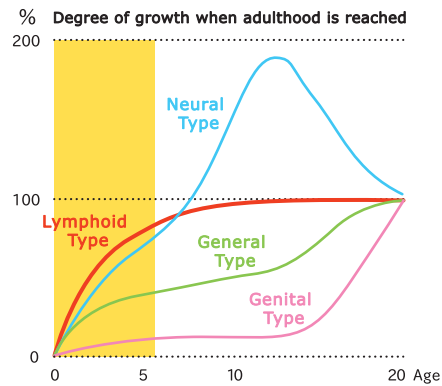
Leaning against the wall often

As technology develops, children have fewer opportunities to play outdoors and exercise, which prevents children's motor nerves and muscles from developing. This causes more children to suffer head or face injuries as they have no ability to brace themselves when tripping and falling down.



### Now is the time to start exercising!

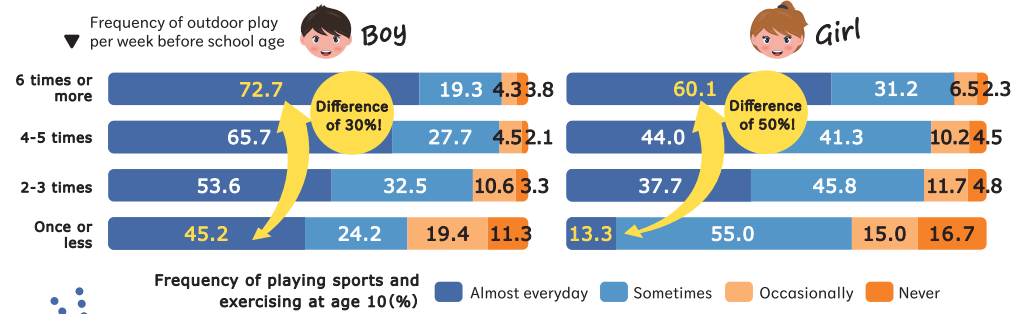
The development of the brain and body starts at birth and continues into adulthood. The graph on the right shows growth rates until the age of 20. The 'neural type' develops rapidly from birth to 5 or 6 years old and is nearly the same as adults by the age of 10. It is said that it's unlikely to lose the motor skills gained during this period. In addition, factors such as 'clumsiness' and 'weakness' that are difficult to overcome after childhood can be alleviated by developing the senses from an early age



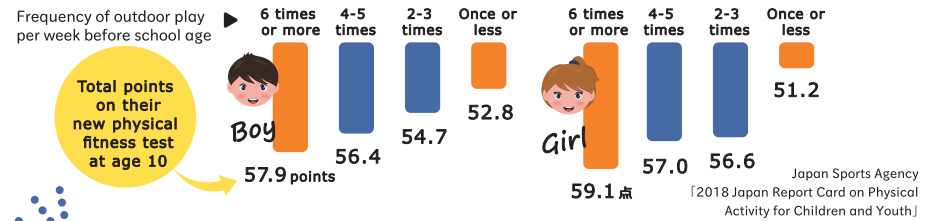
- Responsible for fine movements and the sense of rhythm ... Neural Type ●
- Tonsils, lymph nodes, etc. that improve immunity ... Lymphoid Type ●
- Height, weight, liver, kidney, etc. ... General Type ●
- Penis, testicles, ovaries, uterus, etc. ... Genital Type ●

Scammon R. E. (1927)  
The first serial study of human growth.  
Am J Phys Anthropol, 3, 329-336.

The frequency of outdoor play in early childhood affects physical capability in school age children!

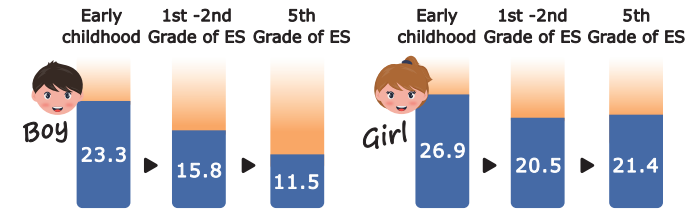


Children who have played outside before they reach school age achieve higher scores on physical fitness tests!



If children have a dislike towards exercising in early childhood...

The study showed that more than half of boys and around 80% of girls who felt that they were not good at exercising or sports continue having those negative feelings as they move up through the grades.



What can we do now to encourage children to "love exercise!" and to "be athletic!"?



Exercise in early childhood makes a big difference in physical ability and strength in the future!

Ministry of Education, Culture, Sports, Science and Technology "The Report of National Survey on Physical Fitness, Athletic Performance and Exercise Habits (2013)"



The key to becoming athletic and loving exercise is very simple!

POINT  
01

“Just have fun!”

You may think that you have to teach your child a lot of things, but, when you and your child do some exercise at home, the most important thing is to give them enough space to move around freely and enjoy playing together.

★ After-school activities related to exercise/sports

Many studies show that engaging in various physical activities until age 12 helps create the foundation of physical abilities. For activities in early childhood, we recommend lessons that focus on play-based learning.



POINT  
02

“60 minutes or more of exercise per day”

The Ministry of Education, Culture, Sports, Science and Technology says a lack of physical activity in early childhood is an issue to be addressed. They recommend “toddlers and preschoolers to enjoy exercising through various play-based activities for a total of **60 minutes or more every day.**”

Let's create an environment where children are willing to exercise even for just 5 or 10 minutes each and every day.

★ Things you can do at home:

- ★ Wipe the floor with a cloth
- ★ Lay out the futons
- ★ Fetch drinks for the family
- ★ Tidy the shoes in the genkan

Use their arms and legs

Practice balancing

Learn to use their body parts



Childcare Department Manager  
Hiroko Takase

# P.E.

POINT  
03

“Daily” exercise

Exercise is not only limited to playing sports. For children, **doing easy chores** or carrying their belongings by themselves is also a valuable exercise experience.

## Waving Wizard Try the cool poses of

Waving Wizard in the phonics garden is looking forward to Halloween. He's trying out cool poses for the special day. But nobody will know if they are cool or not until we try them out! Can you do cool poses like Waving Wizard?

Please pay extra attention to safety and be careful not to get injured.



Waving Wizard



Bibbidi-!

Cross your legs, stand on your tiptoes, and bend your knees. bend forward at 90 degrees with your back straight.

Difficulty Level  
★★★★★



Can you do it?

Boo-!



Bend your knees until one heel touches your bottom, and stand on one foot. Bend over backwards slightly and lift your gaze. Posing your arms while balancing is the most challenging part!

Difficulty Level  
★★★

Bobbidi!



Bend your knees deeply, raise your heels, and stand on your tiptoes.

### Kinder Kids Initiatives

At Kinder Kids we created our own curriculum introducing children to games, exercise, and dance in our daily lessons. This curriculum enables children to use their minds and bodies to their fullest extent, and learn efficiently while still enjoying themselves. In P.E. (Physical Education), they experience the joy of exercising as a group by sharing the same goal and working together with a group of friends. We set achievable goals and include exciting programs in our physical activities (or play) to motivate and encourage children to say “I want to try that!”, “That sounds exciting!”, and “It looks fun!”.

Through these activities, we try to help children develop not only their physical abilities but also non-cognitive abilities including social skills, cooperation, and perseverance to foster the foundation of a zest for life.





Interview

# Nishinomiya

**School**  
Nishinomiya School Manager  
Ayumi Minato



Nishinomiya School is located in a lively town, a popular area in Hyogo, and just a 4 minute walk from the Hankyu Nishinomiya Kitaguchi station. In April 2017, the school moved and expanded to a new building. It is a bright new school building with three stories, a rooftop garden, and an indoor gym. There are many parks around the school so on a sunny day, we go to the park and the children enjoy playing around.

There are approximately 180 children enrolled here from Baby to Kinder classes, and many children enjoy coming to the school every day. We also have the Grad Club for graduates.

We especially have lots of G1-G4 students, that graduated from Kinder Kids, joining the Saturday Class. I believe that it is unique for us to have an environment where children can improve their English skills with a consistent curriculum from the Pre Class to the Grad Club, and to ↗



have a community where they can keep and strengthen the friendships they have had for years. You will find a 'thank you box' at the entrance of the school that children can use to send letters to teachers and staff. Every day, the teachers and staff receive various messages from children. Just the other day, we received a letter sent to the kitchen staff by a K3 child. It said, "Thank you for making lunch." I happened to turn it over and I saw a hidden message saying, "I want more." Their honest messages make us happy, startled, and laugh.... I cherish this relationship where we can share our true feelings.

In this day and age, our first priority is to build a childcare environment where we can keep our children safe and secure, and we always pay extra attention to continue to provide a place for children to learn. Thanks to the understanding and cooperation of parents and guardians, both our school and staff have overcome difficulties and keep growing along with the children.

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9-14 Kitaguchi-cho,  
Nishinomiya-shi, Hyogo

# Staff Spotlight



Interview

# Takarazuka

**School**  
Takarazuka School Manager  
Mai Souji



Takarazuka School is just a 5 minute walk from JR and Hankyu Takarazuka Stations. It is easy to access by both trains and cars since it faces the main road.

We enjoy a panoramic view of the mountains from the playground on the rooftop, and often go for walks to see seasonal flowers blooming along the river. You can really feel the nature that surrounds us.

In addition, we provide nutritious and well balanced school-prepared meals to encourage the healthy growth of our children. Our famous and energetic kitchen staff make every meal with love and sincerity. Handmade snacks are one of the most popular menu items that children love.

There are lots of things that make me happy every day. One of our children who used to be very shy is gradually getting used to the school, and is now even able to say "see you tomorrow" with a smile when going home. These moments really brighten up my day.

I am so happy to be able to see the children almost every day and celebrate their growth with their parents. ↗



Teachers use the knowledge and skills they acquire from their hobbies to provide better lessons. One teacher brings a guitar and plays a goodbye song and another teacher loves to garden and show the children a butterfly hatching from its pupa.

We are helping children develop not only their English skills based on the curriculum but also to provide an enriching education through various experiences.

Learning English will definitely expand the options and opportunities available to them in the future. Kinder Kids' unique curriculum provides a good balance of the four English skills, and it is constantly keeping up with the changing trend. We always try to provide children with the best possible care, hoping that they will treasure the time they spend with us.

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Facebook



3-5-4 Sakaemachi,  
Takarazuka-shi, Hyogo





Questionnaire conducted by: General Research Ltd. Survey period: February 22-25, 2019  
 summary: Comparison of services offered by 10 English focused pre-schools  
 Survey participants: 1048 Japanese adults M/F aged 20-50



# “ Taking elementary school entrance exams ”

## COMPETENCY



Every year, Kinder Kids analyzes how private and national elementary schools measure their students' scores. Following a wide range of information collected over ten years, we can observe trends which remain constant and those which change. In consideration of how private and national elementary schools have clear educational policies that determine their results, we frequently monitor elementary school entrance exams.

Our goal in education is not only to help our children pass the elementary school of their choice but also to draw out their potential and improve their soft skills. The elementary school entrance exam is just a stepping stone. Thinking about the best education for your children and going through 'trial and error' with them will be a precious experience for your family which will not only strengthen family bonds but also inspire them in life.

### Developing a desire to contribute to future society

#### Intellectual Training Class

##### Hiyoko -3 years old

We use various objects to draw children's interest and encourage them to develop their knowledge, intellectual curiosity, the ability to think, and expand their imagination.



Prepare for your success!

#### Entrance Exam Class

##### 3-4 years old Futaba

We cover various fields of study, such as words, letters, numbers, and shapes. We provide children with well organized lessons and encourage them to concentrate and acquire learning habit as well as rules, morals, and manners.

##### Aoba 4-5 years old

From a variety of disciplines we help children improve their academic ability, and based on current trends we hope to lead them to pass the entrance exam of the school of their choice. We especially focus on preparing for Japanese language, common sense, and oral exams. We also nurture independence so they complete their own work successfully.



## Advantages

Messages from families that have been through the primary school entrance exam experience.

### # Changes in Children

This experience gave us an opportunity to look into my child's development that I had rarely observed, including the willingness to learn, the grit, and the ability to keep going and not giving up. This gave me an early awareness of my children's potential and allowed me to think about our family's educational goals. More than anything, I was so happy to see my child enjoy learning.



### #Behavioral Change



Teachers taught children how to behave in a polite manner, which gave us an opportunity to revise our family life. The way we spend our days off has changed. Now we really enjoy going to places where we can interact with animals and plants and we also love to cook. This experience has truly been meaningful and memorable.

### #Family Change

No matter how things ended up, we believed that we chose the best for our children. We, as a family, have been able to grow.

By taking the time to really talk about our child's future and what would be the best for them, we have been able to strengthen our family bond.

If you have any questions about the exam, Please feel free to contact your school or

Learning and Examination Division

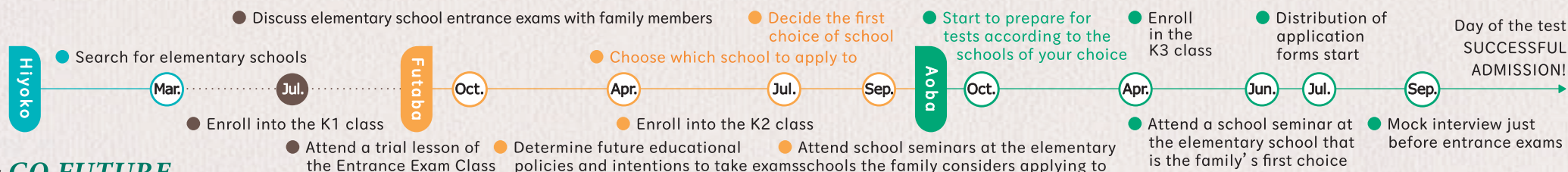
Tel. 06-6135-0190



Learning and Examination Division  
Kumiko Shinoda

### Timeline to help your child pass exams

Timelines vary depending on the area, either private school or national school. We provide appropriate support according to each individual's current situation and school of their choice.







Mighty Moose  
: PHONICS GARDEN

Let's make a four panel cartoon

Mighty Moose, talks to his friend about something. He is older...but it seems like he asked the wrong person. How do you think this story ends? Choose from the following six lines to complete the cartoon.

『 Mummy : ミイラ 』



- 1 [Hi! Sure, let' s.]
- 2 [That' s cool! Yes, I do!]
- 3 [I want to be a mummy. What do you think?]
- 4 [Hurry up! We' re running late!]
- 5 [I can' t decide on my costume!]
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See back cover for examples



# Hirakû Survey

What is the best topic of your choice?!



Most Popular Features

Top 3!



第1位

What does it mean to develop "self-expression"

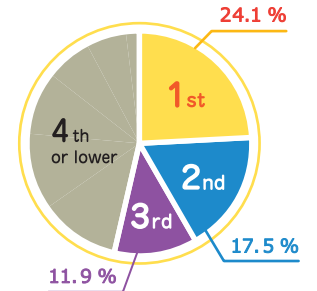
Vol.05 (Published in September 2019) Feature Article

第2位 Is there a bright future for Japanese English levels?

Vol.01 (Published in January 2019) Feature Article

第3位 Reading aloud is great for a child's brain development!

Vol.09 (Published in May 2020) Feature Article



### Other popular articles!



第1位 Staff Spotlight

第2位 Interview with a Kinder Kids Graduate

第3位 Eiken (Information regarding Eiken, Successful Examinees Interview, etc.)

### Topics you want us to cover!



第1位 English Education in early and middle childhood

第2位 How to discipline/treat children

第3位 Study abroad (including study abroad with families)

Back numbers are available (in Japanese/English) on school websites and the portal sites of kinder kids and grad Club!

Thank you!

Thank you for taking the time to complete our survey! Thank you for taking the time to complete our survey! We will utilize lots of valuable information you provided to ensure that we continue to deliver better contents to you in the future. Following your feedback, we included the topic regarding physical activities in early childhood, primary school entrance exams, and messages from parents in Vol.11. We hope you're going to love our next Hirakû!



Hirakû Editorial Department

The Results !!