

Winter theme walk - 2023

Presented by - KG - B



KG-B recently presented an engaging and educational winter-themed walk where children showcased their understanding of how change in season affects our lives, the significance of appropriate clothing, the importance of healthy eating, skincare during winter, and celebrated various winter festivals.

The event commenced with an insightful presentation by children demonstrating how the Earth's position allows the transition of seasons. Through creative displays and explanations, they highlighted the transition from autumn to winter.



The children emphasised the significance of wearing suitable winter clothing. They showcased various types of warm clothes and elucidated why these are essential during winter. Moreover, they went a step further, demonstrating that staying warm isn't just about clothes; it involves consuming nutritious food. Dressed as different fruits and vegetables, they explained the unique vitamins present in each and their benefits. For instance, oranges, rich in Vitamin C, aid in hydration; broccoli aids digestion, while bananas, packed with potassium, benefit the skin and hair.



A child dressed as a dermatologist shared valuable insights on winter skincare, hair care, and overall body maintenance. This segment helped us to understand the importance of moisturising, staying hydrated, and protecting the skin and hair from harsh winter conditions.



As December unfolded, the focus shifted to Christmas. Children joyously danced and sang Christmas tunes, sharing the spirit of the festival and its message of love and sharing.



Furthermore, they presented upcoming winter festivals, explaining the significance of harvest festivals and their cultural importance.

These festivals hold cultural importance and gratitude towards nature's bounty and agricultural abundance. The children were engaged in understanding the deeper meaning behind celebrations like Makar Sankranti, Bihu, and Pongal, which are observed in the forthcoming months of January and February.

Makar Sankranti marks the transition of the sun, signifying the onset of longer days. It celebrates the harvest season and is observed with enthusiasm and various cultural traditions across India.

Bihu, celebrated in Assam, signifies the beginning of the Assamese New Year and the agricultural season. It involves vibrant dance forms, traditional music, and feasting, highlighting the rich cultural heritage of Assam.

Pongal, predominantly celebrated in Tamil Nadu, is a harvest festival dedicated to expressing gratitude to the sun god for a bountiful harvest. It involves rituals, cooking the Pongal dish, and festivities.

By introducing these upcoming festivals, the children gained an understanding of the diverse cultural celebrations within India during the winter months. This not only broadened their cultural knowledge but also instilled a sense of appreciation for the agricultural heritage and traditions embedded in these festivities.



The event culminated with an insightful exploration into the fascinating journey of these birds, flying from colder regions to seek refuge in warmer areas like Delhi during the winter months. They learned about various species of migratory birds, their distinctive characteristics, and the routes they traverse to reach Delhi and other warmer regions.



Children will be talking about other important aspects of the season like being kind to others and giving away warm clothes to people who are in need , making shelters for animals who are left out in the cold weather , hibernation etc. during the circle time discussions.

Warm regards,

C.B. Prerana Virginia Raj

S.M.I.L.E