

## ATC Center Curriculum & Learning Style

A Montessori-style preschool provides a unique educational experience for young children that focuses on self-directed, hands-on learning. The following is what you can expect from a Montessori preschool:

1. **Child-Centered Environment:** Montessori classrooms are designed to be welcoming and engaging, with an emphasis on creating an environment that meets the needs of each individual child.
2. **Hands-On Learning:** Montessori classrooms are filled with practical, hands-on materials that children can explore and use to learn at their own pace. This style of learning helps children develop a deep understanding of concepts, rather than just memorizing information.
3. **Multi-Age Classrooms:** Montessori classrooms typically have a mix of ages, with children aged 2.5 to 6 years old. This allows for older children to serve as role models and mentors for younger children, fostering a sense of community and collaboration.
4. **Individualized Instruction:** Montessori teachers work with each child to develop an individualized learning plan, taking into account the child's interests, abilities, and needs. This approach encourages children to learn at their own pace and take control of their own education.
5. **Focus on Process, Not Product:** Montessori emphasizes the process of learning, rather than just the end result. Children are encouraged to explore and experiment, with the teacher serving as a guide rather than a directive teacher.
6. **Emphasis on Respect:** Montessori classrooms are built on a foundation of mutual respect, with children and teachers alike encouraged to be kind and considerate of one another.
7. **Encouragement of Independence:** Montessori classrooms are designed to help children develop independence and self-reliance. Children are encouraged to make their own decisions, solve problems on their own, and take responsibility for their own learning.

Overall, a Montessori-style preschool provides a nurturing and supportive environment that encourages young children to explore, experiment, and develop their full potential. This approach to education is designed to foster independence, creativity, and a love of learning that lasts a lifetime.

## Frequencies

1. 20 Hz - 40 Hz: These frequencies are known for creating deep, rich, and powerful bass sounds that can be used to enhance music, meditation, and sleep.
2. 40 Hz - 80 Hz: These frequencies are ideal for creating calm and relaxing sounds that can help reduce stress and promote relaxation.
3. 80 Hz - 120 Hz: These frequencies are used to create sounds that enhance focus and productivity. They are often used in background music to help people stay alert and focused.
4. 120 Hz - 200 Hz: These frequencies are known for creating bright and energetic sounds that can lift moods and provide a sense of excitement.
5. 200 Hz - 400 Hz: These frequencies are used to create warm and natural sounds that can enhance feelings of comfort and tranquility.
6. 400 Hz - 800 Hz: These frequencies are used to create clear and precise sounds that are good for speech and vocal reproduction.
7. 800 Hz - 1.6 kHz: These frequencies are used to create bright and crisp sounds that can enhance the overall sound quality of music and other audio.

It is important to listen to a range of frequencies as different frequencies have different effects on our mood and well-being. By listening to a range of sounds and frequencies, we can create a balanced and harmonious sound environment that supports our physical, mental, and emotional health.

## Yoga

1. Tree Pose: Balancing on one foot while bringing the other foot to the opposite thigh, helps improve balance and concentration.
2. Downward-Facing Dog: Stretching the arms and legs while being upside down, promotes strength and flexibility.
3. Cobra Pose: Lying on the belly and lifting the chest and head, helps strengthen the back and improves posture.
4. Cat-Cow Stretch: Alternating between arching and rounding the back, helps improve mobility in the spine.
5. Butterfly Pose: Sitting with the soles of the feet touching and bringing the knees towards the ground, helps stretch the hips and inner thighs.
6. Child's Pose: Kneeling and sitting back on the heels while reaching the arms forward, helps release tension in the back and hips.

Teaching preschoolers yoga and meditation at a young age has numerous benefits, including:

1. **Improving Physical Health:** Yoga helps increase flexibility, strength, and coordination, which can lay the foundation for a lifelong love of physical activity.
2. **Enhancing Mental and Emotional Well-being:** Practicing yoga and meditation can help children develop mindfulness, relaxation, and stress-management skills.
3. **Building Confidence and Self-Esteem:** Through the practice of yoga and meditation, children can develop a sense of inner calm and confidence in their abilities.
4. **Encouraging Creativity:** Yoga and meditation can help children tap into their imagination and develop creative thinking skills.

Overall, yoga and meditation are beneficial practices for preschoolers as they help them develop physically, mentally, and emotionally. By introducing these practices at a young age, children can build a strong foundation for a healthy and fulfilling life.

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