

What is Harmony?


You may have seen and heard the word 'Harmony' on our school information and during your visits to us. 'Harmony' is a set of concepts in nature that we use to structure our curriculum. The children become able to use these concepts in their own learning, whilst develop an awareness of the natural world and our impact on it.

If you would like to start talking about and exploring some of these concepts with your child, the guide below will explain each concept, give a child-friendly definition of words that may be new to them and offer ideas to put them into practise.

Our Seven Harmony Concepts

Health and Wellbeing


This concept helps children to see the importance of wellbeing, and learn ways to look after the health and happiness of themselves, other people and nature.

 New word: Wellbeing - *being comfortable, healthy and happy.*

- ☺ Make a healthy snack or meal together.
- ☺ Try some mindfulness sessions – see page 11 of [EcoSchoolsAtHome-Mindfulness-Minutes.pdf](#) for ideas to suit preschoolers.

Diversity


Understanding this concept encourages children to recognise and value the differences between themselves and others, and the importance of variety in the world.

 New word: Diversity – *things that belong to one group, but that have differences.*

- ☺ Talk to your child about the differences they see around them, such as the varieties of apples in the supermarket, kinds of car or the different features of a group of toys.
- ☺ Find as many different kinds of leaf as you can on a walk.
- ☺ Make award certificates to give to family members for having the longest hair, the smallest shoes, the most ticklish feet...the possibilities are endless!

Oneness

Knowing how they affect the world around them and how they can contribute to it builds a sense of responsibility and self-esteem.

 New word: Oneness – *we are all part of one world. We all have to work together.*

- ☺ Encourage your child to join in with team efforts, such as washing the car, building a sandcastle or team sports.
- ☺ Involve your child in helping their communities or the environment, maybe by donating to a charity shop or feeding the birds.

Adaptation

This concept helps children to notice and appreciate the designs that nature creates.

📖 New word: Adaptation – *how a living thing changes to suit its needs and the environment it lives in.*

- ☺ Have a good look at an insect or animal – what features does it have to be able to feed, keep warm or cool and move in its habitat?
- ☺ Find and blow a dandelion seed head. What do they have to help them float along in the breeze?

Geometry

Here children are taught about patterns in nature, both in number and in shape.

📖 New word: Geometry – *the shape and size of things, and how many of them there are.*

- ☺ Look for shapes in the world around them. Try spotting circles, squares, triangles, rectangles hexagons and octagons.
- ☺ Count and play number games - board games with a dice, counting collections of items and noticing numbers on signs all help your child to develop their number skills.

Interdependence

This concept helps children to see not only how people depend on each other, but also how we depend on nature and nature depends on us. The children learn how to work as a team.

📖 New word: Interdependence – *how living things need each other.*

- ☺ Share examples of how you depend on each other at home – whether it's for help around the house or for a cuddle when it's been a long day.
- ☺ Look at what we get from nature – food and places to play for example. Think about what nature needs from us in return – we need to look after the world around us as it looks after us.

Circles and Cycles

This concept helps children to see how some systems in life operate in a repeating cycle, and how things can be reused and recycled.

📖 New word: Cycle – *a sequence of events that repeats itself without stopping.*

- ☺ Let your child help with recycling at home by taking items out to your blue bin. Talk about what happens to this waste when it is collected. This episode of 'My First...' from CBeebies helps to explain more. <https://www.bbc.co.uk/cbeebies/watch/my-first-recycling>
- ☺ Find out about the life cycles around us – the book 'The Very Hungry Caterpillar' by Eric Carle is a good starting point.