



# ASSOCIAÇÃO DE SOLIDARIEDADE SUBUD

## New School Year at ASSUBUD

### Discovering the "Me" to Grow and Transform

It is with great joy that we begin another school year at ASSUBUD! For some, this marks the start of a new adventure filled with curiosity and discoveries 🚀🔍; for others, it's a return to a familiar place, but one always brimming with surprises and challenging learning experiences 📖🏠.

The classrooms have come alive again, filled with laughter, curious gazes, and small hands ready to explore the world around them 👁️👂🌍. The sense of sharing and collaboration that defines our community is already present, filling the air with joy and positive energy that will carry us through the school year. ✨

At ASSUBUD, we follow the **"Me, Us, Us in the World"** methodology, which provides a holistic view of the person, recognizing each one as a unique being and promoting their integral development. This year, we will focus on the **"Me,"** the first stage of this methodology. It helps each child discover their individuality and answer the fundamental question: **"Who am I?"**—encouraging self-awareness.



This approach is founded on three essential pillars:



**Me:** Each person is unique. Self-awareness begins when the child recognizes their individuality and the existence of others. This year, we will encourage each child to explore their history, origin, and preferences, building a solid foundation for their identity. 🌱



**Us:** Beyond understanding themselves as individuals, the child develops through interactions with others. They learn to share, grow, and expand their knowledge by engaging with different realities. The questions arise: **"Who is the other, and how do I relate to them?"** 🤝



**Us in the World:** The discovery of oneself and others leads to a deeper understanding that we all are part of the world and have an active role in transforming it. The question is: **"What can we do together for the world around us?"** 🌍

In addition to this direct work with children and young people, our methodology involves their caregivers—family members, professionals, and other adults—to ensure that the relationships they establish foster and enhance this development.



May this school year be a journey of discovery and empowerment of each child's **"Me,"!** ✨🌍

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## Working on the "Me":

### The Importance of Psychomotor Support

At ASSUBUD, we believe in each child's unique potential and recognize the importance of psychomotor support to promote healthy growth. In this context, working on the **"Me"** means helping each child better understand themselves and exploring their abilities and limits while creating a welcoming and positive learning environment.

In September, we celebrated **Psychomotricity Day**, which emphasizes the importance of movement in children's comprehensive development. Our psychomotor therapists play a crucial role in providing support that stimulates motor, cognitive, and emotional growth.

Through engaging, interactive, and customized activities, we aim to enhance each child's physical, mental, and emotional well-being, allowing them to reach their full potential. 🤝🧠❤️

Psychomotor support goes beyond physical development; it also integrates emotional and social aspects, providing children with the tools to express their emotions and interact healthily with others. When children feel secure in their motor skills, they become more confident and open to new challenges. This confidence is

reflected in various aspects of their lives, from performance in school activities to social interactions. 🌟

Additionally, psychomotor support is essential in identifying and addressing a child's challenges.

At ASSUBUD, collaboration among educators, psychomotor therapists, and families is crucial to creating a personalized action plan that meets each child's unique needs. 🤝😊👩👧👦

Together, we are building a brighter future for our children, where they can blossom at their own pace and potential! 🌸❤️



## What Are the Best First Shoes?

*Sara Catarino, Psychomotor at ASSUBUD*



As parents, educators, and caregivers, it's natural to wonder what the best shoes are for our babies. Before they start walking, children don't need shoes. Even when they begin to take their first steps, walking barefoot is the best option as long as they are in safe environments! Shoes are only necessary when the ground is too hot, too cold, or if there's a risk of foot injury. 🤔👣

When shoes are truly needed, choosing ones with a rounded toe, providing space for the toes to move, and a flexible, flat, and hard sole are important. This way, the feet have room to grow and can receive important sensory feedback, which is crucial for developing other areas. Shoes with these features are recommended throughout life, as they best respect the foot's natural shape, preventing injuries and deformities like bunions. 🦋

It's also important for children to have opportunities to walk barefoot on various surfaces: sand, stones, forests,..., and even in playgrounds where hygiene and safety are ensured. Through these experiences, children develop balance, body awareness, and spatial understanding skills. 🦶

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here!**



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