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I recently discovered a fascinating method of learning Makoto Shichiida, which focuses on the development of the right brain of the child. I was overwhelmed with interesting information and started applying it to our activities with my toddler right away. It is not easy to find detailed information about his method on the Internet, and his books in English are only available from Japan. So I ordered my book - if anyone is interested it is [here](#), or you can read my summary below. Aside from reading the book, I've gathered information from parents whose children went to Shihida schools in Asia, so here's a repetition of what I learned and how we implement it with our 19-month-old. As you know, the left brain controls things like logic, written and spoken languages, scientific abilities and number skills. The Cichid method focuses on the development of the right brain, which is responsible for the ability of photographic memory, computer ability to calculate, intuition and creative imagination. All these skills can be acquired by doing exercises that stimulate the right brain. The idea of my child having these skills sounds very interesting to me, given that I have a very bad memory. If I can help my child develop even some of these skills, I consider myself an experienced parent. Both parts of the brain have different methods of processing information. The left brain processes information through language, while the right brain processes information using sensory images stored in memory. The capabilities of the right brain are connected by these images. Children who develop the right brain memory can instantly remember what they see as if they are taking pictures. The left brain is the brain of words, we use it every day, so it's well developed. In order to make the right brain work well, it is important to do image training every day (described in the exercises below). Two brains develop in a certain order. First, the right brain dominates. From about the age of three, when logical and linguistic thinking begins to develop, the dominance shifts to the left brain. The younger the child learns the methods of image memory, the more natural the photographic memory becomes. That's why it's so important to start practicing the right brain before the children turn 3. In case you're wondering if this method develops only the right part of the brain, the answer - the activity involves both: exercises for the right and left brains, in fact, a lot of Shichida training is based on the Montessori method. According to Dr. Shichid, the idea is not to cram children with knowledge, but to teach them the ability to learn very quickly when they should later. Each session should not last more than 30 minutes per day and the child must play for free for the rest of the day. Ideally, all activities should be done in one sitting, but they can also be distributed Day. Scarlett is now 19 months old, she is a very active child and so far she has not been able to sit still for the entire activity session, so we are doing activities during the day at the moment. But as a parent, it's nice to know that doing activities for 30 minutes a day is enough. Here's an approximate plan of events. I will write about how they should be made and how we adapt each action for us. One important note is that each exercise below should last only 1-2 minutes. This information was a relief to me because my kid loses interest in the activity very quickly. And in the past, when I tried to get her to do one thing for a while, she left. Having activities change quickly, and having them for the last time under one minute made her more interested in activities, and made me feel good that it's normal. The first block of activities includes preparatory activities that are designed to relax the child and activate the right brain. 1. Relaxation Is recommended to include music with alpha waves that stimulate learning abilities. I usually search for music with alpha waves on YouTube or spotify. 2. Breathing and blowing exercises Meditation and breathing practice is necessary to prepare for the transition from the left brain dominance to the right. These activities are also part of the preparatory unit and include breathing exercises for older children, and blowing exercises for younger children. Blowing activities are also important for the development of facial muscles and are of great importance in the development of speech. Here are some blowing-up activities that we do with our 19 months: blowing pompoms off the table. We use small pompoms because it is easier for the toddler to blow them off the table. Blowing pompoms into a box on the table. Blow up the candle. Bubbles are blowing. Blows feathers to make them fly. The mini-wheels are blowing. The butterfly blows on the paper attached to the thread to make it fly. Blows bubbles in a cup of water with a straw. Blows cute whistles 3. HSP Exercises (Increased Sensory Perception). This block of activity is aimed at developing intuition and includes intuition or guessing games. According to Dr. Shihid, the child can develop intuition by doing exercises from the beginning. We were doing guessing games before I came across this method and Scarlett always loved these types of games. Here are some guessing games that we play: Place a small game under one cup, shuffle cups and ask your child to guess where the toy is. Hide the mouse under one of the houses and ask the child to guess in which house the mouse lives. Print for this game is available in this post that I wrote earlier. Take a small toy and hide it in a fist. Show 2 fists to your child and ask him to guess in which hand the toy is hiding. Hide the toy in one of the three boxes and Baby guess where the toy is. Shihida Shishiida involves using different games every time you do activities to keep the child interested. I'm not sure if it's really doing a completely different activity in the home environment since we can only prepare/buy a limited amount of supplies, so I try to have more breaks between each replay of the game. There are still ways to diversify the same activity through different materials. For example, we hide different toys in different places - hiding large toys behind different large items (cushion, book, towel, chair), hiding small toys under cups of different material and size, inside boxes, plastic eggs and bags. Homes from a small mouse game can be used to hide some other flat magnets or photos. For older children, you can also ask to guess what time Daddy returns home, what weather is tomorrow, etc. 4. Instant Memorization - Memory Grid and Linking Memory. This block of exercises develops photographic memory. The right brain can be used to memorize a huge amount of information at high speed. The left brain processes information linearly, while the right brain memory works with a parallel processing method, allowing the storage of a huge amount of information instantly (photographic memory). Linking the memory game Place 2-3 cards in front of the child, and start telling the absurd story linking these cards in the same way as they came out. The more absurd the story, the better - the easier it is to remember. For example, you have postcards with a bear, an umbrella and an ice cream - and you can tell this story: It was raining, so the bear decided to walk, took an umbrella and went for ice cream. Ask the child to look at the location of the cards for 5-30 seconds, then hide the layout so that your child can't see it and ask your child to repeat the story. Gradually increase the number of cards until the child remembers 50. It's harder for us parents to remember the sequence of cards when there are many of them, so you can check with a layout that the child can't see or you can take a picture of the layout, and compare the results with the image. As soon as the child remembers 50 cards, something amazing will happen - he will be able to remember the order of cards with one glance. Try playing this game with your family as well, we tried it and it was so much fun! This game is for kids who can talk well, we don't do memory-related activity with my 19-month-old yet. Instead, we do the memory actions below. Take a piece of paper and divide it into sections that can place the card in each section. You can start with a grid of 4 sections. Place one card in each cell. Do your child look at it over seconds, and then hide it. Give your child an empty grid of the same size and the same set of 4 cards and ask them to be placed in the same order. Compare by the original layout (you'll need 2 copies of each card) or, as described above: crumple the layout and compare. Gradually increase the size of the grid to 50 cards. You will need a larger piece of paper to make a larger grid, or fewer photos. Another option is not to use a piece of paper at all, but simply to lay out the cards as a mesh on the table or carpet. Here are some options for memory games: Lay out 5 cards in front of your child. Then stir them, add one new card, lay out 6 cards in front of the child. Ask which one is new. Put 5 cards in front of the child. Then mix them, remove one card, lay out 4 cards in front of the child. Ask which one has been removed. Arrange the toys in front of the baby, and place one item in front of each toy. Then mix the items and ask which item belongs to which toy. Arrange small items in a plastic organizer's beads like this one, and ask to remember the order as they were organized. What we do with our 19-month-old: Adapted memory grid with cards. I'm laying out four cards in front of Scarlett. I called them. Then I flip the cards and ask her where one of the cards is. For example, I post postcards with balloons, a car, a flower and a cat, flip them without mixing, and then ask, Show me where the flower is. She flips the card, and we're checking to see if she did it right. If she got it, I keep this card on the side up, and ask her to find the cat, and so on. The number of cards can be increased as the child gets better in the game. A memory grid in the house. I made a memory grid in the shape of a house, which I cut out of Manila's file folder. I drew windows on it, and located the cards in each window. Putting postcards on the windows, I say: Fish lives in a purple window, a frog lives in a blue window, a rabbit lives in a yellow window, a fox lives in a red window. Then I take off the card and ask her to place the cards according to where each animal lives. A free digital version of the maps with the photos above is available here. I printed these cards online [www.photoaffections.com/freeprints](#), this site allows a certain number of free prints per month, I just paid for the delivery. Printing them on photo paper makes them more durable, but they can also be printed at home. Memory felt the game. I made this quiet page of the book when Scarlett was little and I had more free time. There are 2 copies of each animal that are attached to the flaps on the Velcro. First of all, I'm going to show Scarlett where all the animals are. Then I ask her to find the cat. As soon as she finds it, we look at the second cat and then take them both off the sheet. This game can also be done with cards, you just need 2 copies of each card. Hide and seek advice can be used for memory activities as well. In addition to using magnets that With the set, any other flat objects can be used to keep the game different every time. I've added a few a few Other magnets that we have, and cut images from some old flash cards and postcards. Memory game using plastic eggs. We play a memory game with plastic eggs, following the usual rules of the memory game - looking for a pair for each toy. You will need plastic eggs and 6 pairs of small toys. 5. Learning the speed of reading - Mandalas. According to Dr. Shihid, there are a finicky number of forms that make up everything in nature and the universe, once a child has seen each combination, he or she can detect and remember all the patterns in science and nature. This is an exercise in photographic memory. How it should be done: Images of mandala are often used for this activity. You need 2 copies of the same mandala image: one color, the other black and white. Show the color image to your child for 1 second, and then ask to paint a black-and-white map in accordance with the child's memory (the mandala should not be fully painted, just leaving colored dots on the mandala sections works as well). Compare the colors to the original map you showed. First, simple mandalas with two colors and simple shapes should be used, then, their colors and shapes can get more complex. This activity is obviously for children who can color. Younger children can do a simplified version of this exercise: You'll need a set of cards where each card has a pair that is a little different. Show one card to your child for 1 second to remember it, then lay out 2 similar cards in front of the child and ask to point to the card you just showed. You can start by showing 2 very different cards and then switch to more similar ones. This set includes an off-the-side that differs from one detail. Some of the soots have 2 similar cards, some of them 4, so it can be used for different ages. You can download it here for free. The next block of exercise is based on Montessori and left brain activity. 6. Puzzles. Any age-appropriate puzzles can work for this block activity. Here's a list of puzzles we do with our 19-month-old. Please note that we only make 1 or 2 of these puzzles in each activity session. It's easy to make simple puzzles yourself. You can use flash cards, playing cards or other cards by cutting them in half (or more pieces for older children). We use the same cards that we use for memory games. I printed two copies of these cards on photo-paper. We use one memory set and a second set for puzzles - I cut each photo card into 2 pieces and give Scarlett to put them together. I also used frozen playing cards to make puzzles. It's good to use cards with characters that your child We're doing about 2 puzzle pictures at a time, at the moment. Another puzzle that we like is the animal skin puzzle that can be downloaded here for free. We printed the images on the photo-paper and cut out the body part of each animal, and Scarlett gets in the match different skin skins animals until she finds the right one. This game is a lot of fun! This print can be downloaded here for free. The set includes 20 cards - 10 large, 10 small cards and a pdf file with a grid of 4 sections. There are 2 ways to play with this set: Place a printed mesh sheet in front of the child and place her or his matching card on each cell. This game is great for kids to see which image is large and which

one is small and also great for learning the shapes that are included in the set. Sorting cards into 2 piles - small images and large images. We play the first version of the game with our 19-month-old. Some other activities that we do in this block: This puzzle is probably more suitable for older children, we had a home because someone gave us as a gift. I was very surprised that Scarlett started to properly place pieces of this puzzle in the right places. Probably every parent has the form of sorting a puzzle or cube at home. We have this one. I put the letters away and we'll focus on sorting the forms for now. Peg puzzles are great for toddlers because they have a self-correcting mechanism - kids can see themselves when the piece isn't fit and try to fix it, also because they have little handles for small hands. We like the musical peg puzzle because of the added benefit - it produces music when a piece of the puzzle is found. For those parents who don't have time to do puzzles themselves, there are a number of puzzles for toddlers. We like the head and tail puzzles. The puzzles are great because they also have a self-correcting mechanism, since no 2 puzzle cuts are the same. Since the Shichida method recommends having longer breaks between reusing the same activity, I've found the easiest way to diversify is to do the puzzles yourself - use a lot of cards/flash cards for puzzles. I prepared a bunch of them in advance - cut them by 2 halves and give Scarlett 2 cards every time we have an activity day. I really wanted to recommend this game to toddlers. He received several awards for helping develop a child's logical thinking and early math skills. It comes with cards, a rabbit and 3 wooden blocks. Maps show how the rabbit should be positioned on the blocks, and the child must manipulate the wooden block to fit the map. The cards are divided into levels. It's great for kids 2 years old, we started playing with the easiest level in 25 months. Sequencing games like this are great for kids 2.5 years old. They teach children the logic of how to assemble puzzles in a sequence of events from left to right. They also have a self-correction mechanism because there are no two cards Same. 7. Tangram. The Shihid method often involves activities related to playing with tangram. Tangram can be purchased on Amazon, or you can make one yourself. We bought a wooden one, as it is more durable, and later I found a tangram that looks even better for the baby. The tangram set includes small photos of designs that you can create. There are also books available with tangram design. We are currently doing one tangram design at each activity session. At that age, Scarlett mostly watches me do it and then plays with the blocks herself, but hopefully she'll get to the building with me soon. This block of activity may also include construction with duplo, lego blocks or other building blocks. 8. Sensory game Development of the senses of all children is also an important part of the education of Shihid. Age-appropriate sensory actions should be included in each session. We usually do sensory activities at different times of the day because we like to spend more time with these activities. Here are some things we do with our 19-month-old. Rice play great sensory activities for children of different ages. Older children can play with themed touch trays, while younger children can do a lot of sensory interactions with rice. I have an article that describes 12 ways to play with colored rice. The smell of feeling is often omitted from sensory activity. We made this touch tray with small containers filled with food that have very distinct smells. I included tangerine, banana, onion, garlic, bergamot tea, vanilla, cloves and coffee. I put the closed containers in front of Scarlett, we opened them one by one and smelled them. It turned into a mess later ☹ older kids can play a big sensory game - have a child close their eyes and ask to guess the smell without looking. This is a very simple color activity for a toddler who is just learning color. You can download this file here. Print 2 copies. Cut one of them into cards and ask the child to place each card in the corresponding sheet cell. Any color sorting or drawing/painting activity can be done in this section as well. There are more ideas for sensory activity in my article: 10 Montessori activities for one year. 9. Physical activity Physical activity is also an important part of Shihid's education. Any active games are perfectly titled this section. Here's a fun active game that we use. These animal action cards hit with Scarlett. She started doing some of these things when she was about 15 months old, and now at 23 months old she is able to do almost all of them except standing on one leg like a flamingo, and puffing her cheeks like a chipmunk. She asks me to play with these cards over and over again. I showed her how to do the action the first time we played with them and now she does them on her own. It's fun for the whole family, we clap when she does it right and she gets to her in a fun way. A digital version of these maps is available here and the printed version is here. Encouraging foreign languages. This block of activities may include listening to songs, poems or stories in Languages. These activities will not help the child to speak the language, but will give the child a base if he or she decides to take it later in life. Before I read the Shichida method, I avoided introducing a new language for my child since she is bilingual already, and I wanted to avoid confusion with other languages. But after reading Dr. Shishiid's book, I decided to take it to Spanish history time once a week, and once in a while I turn on a short cartoon for her in a foreign language. 11. Speed of reading flash cards. This is one of the most important exercises from the Cichid method and one of the most difficult to implement at home. It develops the activity of the image of the right brain, entering a huge amount of information as quickly as possible. The left brain works at a low rate of rhythm while the right brain works at a high-speed rhythm. When massive information is injected at high speed, the right brain reacts to it naturally and visualization capabilities develop. As a result, when you try to remember something, an image will appear in your brain containing information. The speed of reading includes showing 100-150 flash cards for a child at intervals of 0.5 seconds. Since the flashing of the cards occurs very quickly, the left brain does not have enough time to process it, and this is when the right brain gets involved in getting the stimulation needed to activate its powers. Flashing cards can be broken down into several sessions during the day if the child does not sit through it all at once, but the same cards should not be repeated on the same day. The problem is that flash cards should ideally be unconquered for each session. Ideally, it is normal to repeat the same cards within one week, after which they should not be reused. Of course, it's not realistic to have these many flash cards at home. What we do: We have about 10-15 sets of flash cards. I split them up 7 days a week, so we have a repeat flash card every 7 days, which is not ideal. I blink them very quickly in front of my child, simultaneously reading the names of objects. I wrote about flash cards that we liked above, but here's this list again: I also found some digital flash cards on YouTube. This is one example that has the right speed: Some other YouTube videos have flash cards, but blink slowly after the Glenn Doman method (left brain formation), so you can manually change the speed of the video on YouTube by clicking Settings to zgt; speed zgt; 0.5. You can search YouTube for Shichida flash cards and choose the ones you like. I've also downloaded several apps on the iPad that make flash cards. We are using these apps at the moment. You have to manually tap or swipe yourself to change each card though - but at least you can control the speed that way. Baby Flash Card Kid Flash Card cards I see a big difference in my my Interest in flash cards - if the cards flash fast, it looks at them - if I flash them slowly, it gets easily dull and goes away. So I like this idea, but we definitely don't make as many cards as recommended by Shichida. There is a website that has a database of 15,000 digital flash cards. This is great for the following Cichid method. You may wonder why your child should know these many words - the answer - flashing cards are done not for learning words, but for learning the right brain. The analogy will carry our body with weights - we use weights to exercise, but we never plan to carry those weights around, we just want to develop those muscles. Another thing to add is the toy rotation. If the same toys surround children every day of their lives, they lose interest very quickly. So in Montessori they make a toy rotation - put some toys away for a while and only a few available at a time. I made things a little easier for myself, I bought 7 bins and organized our toys, activities and books into these 7 bins so every day we have a prepared list of things to do. You can check out my full post about the rotation toy. I hope you found some information useful. I personally liked the Shihid method as soon as I read about it. Please note, I wrote this article from information that I collected from different sources and shared my interpretation of the method. If you would like to receive notifications when my new blog articles come out, please subscribe to my newsletter below. Below. makoto shichida books pdf. makoto shichida books in english. dr makoto shichida books

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