



HOLISTIC
LEARNING
INNOVATIONS

NEURO-GYMNASTICS

Country: Kyrgyzstan

Target Age: 3-5 Years

Learning Areas: Numeracy | Literacy | Motor Skills |

Parental/Family Engagement | Relationship

Building

THE CONTEXT

Kindergarten N°10 “Zhoogazyn-Murdash” is located in the Murdash village of Alay district in the Osh oblast. Currently, there are 60 children in the kindergarten educated by seven teachers. The kindergarten was established in 2006 through an AKF project and later transferred to state ownership.





THE CHALLENGE

How might we strengthen school readiness for children of migrant families?

At the beginning of the school year, the design team initiated the HCD process to identify and address classroom-level educational problems. Their analysis highlighted issues such as underdeveloped speech, lack of attention, low emotional resilience, and difficulties with socialisation among the children. Observations and surveys conducted with parents revealed that these issues were partly due to insufficient attention from parents and relatives, with the design team learning that 70% of the children's parents in the kindergarten were migrants working abroad.

THE SOLUTION

Neuro-Gymnastics

The design team introduced 'neurogymnastics' to improve children's cognitive abilities, training teachers and grandparents to apply these methods. Special mats, posters, and interactive games helped develop fine motor skills and overall health. Activities like Grandmother's Tales and Grandfather's Advice engaged grandparents, while online sessions with migrant parents allowed shared learning experiences. These initiatives increased children's enthusiasm for learning, socialisation, and empathy. The kindergarten administration supported teacher participation and parent involvement through masterclasses and cultural activities. The design team is also working on creating an ecological corner, waste sorting bins, and emergency evacuation exits, while sharing their methods in seminars.





THE IMPACT

Enhanced cognitive and motor development, engagement and confidence

The design team highlighted the positive impact of the programme's training sessions on their skills and knowledge, particularly in soft skills, environmental protection, and child-teaching techniques. New methods like interactive games and teamwork improved children's participation and creativity. The kindergarten director applied these insights to enhance the institution and promote teacher professional growth. The team also conducted regional training sessions, which received positive feedback. The programme complemented the state education system, particularly in environmental protection. Zoogazyn-Murdash kindergarten gained recognition for its innovative methods, becoming popular among parents and fostering stronger child-parent bonds.



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