

SENSORY PLAY AND BRAINGYM AT CERIA PLAYDATE SCHOOL PURWAKARTA 2022

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ABSTRAK

Pentingnya memberikan stimulasi kepada anak usia dini memiliki dampak terhadap persiapan untuk menghadapi jenjang pendidikan selanjutnya, saat ini mulai banyak orang tua yang sudah menyadari pentingnya mendidik anak sedini mungkin, harapannya agar potensi yang dimiliki anak dapat berkembang secara optimal. Hal ini memotivasi orang tua untuk memilih lembaga pendidikan anak usia dini yang tepat bagi buah hatinya, melihat banyaknya lembaga pendidikan anak usia dini dengan berbagai variasi pembelajaran yang berbeda-beda akan menyulitkan orang tua untuk memilih lembaga pendidikan yang tepat. Salah satu lembaga pendidikan anak yang memiliki kekhasan dan variasi pembelajaran ialah Ceria Playdate yang terletak di Jl. Kolonel Rahmat Purwakarta Jawa Barat. Di Ceria Playdate layanan pembelajaran disesuaikan dengan standarisasi pembelajaran anak pada jenjang usianya, sehingga anak bisa bebas melakukan aktifitas bermain, namun tentu saja semua aktifitas memiliki tujuan pembelajaran dengan mengembangkan seluruh aspek perkembangan menggunakan sensory play dan braingym. Oleh karena itu, penelitian ini dilakukan di lembaga pendidikan anak usia dini yang bernama Ceria Playdate. Adapun metodologi yang digunakan yaitu pendekatan deskriptif kualitatif, teknik pengumpulan data menggunakan wawancara, observasi, dan dokumentasi. Dari hasil temuan penelitian bahwa di ceria playdate kegiatan aktifitas yang difokuskan pada *sensoryplay* dan *braingym* serta *bilingual school* dengan penekanan *gross motor*, *fine motor*, *pre-wreating*, *pre-reading*. Keingatannya seperti yoga, bergelantung, memanjat, berjalan, *worm up*, bermain *play dough*, bermain *bubble*, bermain *flash card* dan lain-lain.

Kata kunci: Sensory play, braingym, ceria playdate

ABSTRACT

The importance of providing stimulation to early childhood has an impact on preparation for the next level of education, now many parents are starting to realize the importance of educating children as early as possible, hoping that the potential of children can develop optimally. This motivates parents to choose the right early childhood education institution for their children, seeing the many early childhood education institutions with different variations of learning will make it difficult for parents to choose the right educational institution. One of the children's educational institutions that has the uniqueness and variety of learning is Ceria Playdate which is located on Jl. Colonel Rahmat Purwakarta, West Java. At Ceria Playdate, learning services are adjusted to standardize children's learning at their age level, so that children can freely play activities, but of course all activities have a learning goal by developing all aspects of development using sensory play and

braingym. Therefore, this research was conducted at an early childhood education institution called Ceria Playdate. The methodology used is a qualitative descriptive approach, data collection techniques using interviews, observations, and documentation. From the research findings that in the Ceria playdate activities focused on sensory play and braingym as well as bilingual school with emphasis on gross motor, fine motor, pre-wreating, pre-reading. Activities such as yoga, hanging, climbing, walking, worm up, playing play dough, playing bubble, playing flash cards and others.

Keyword: *Sensoryplay, Braingym, Ceria Playdate*

INTRODUCTION

Brain gym is a simple movement-based system that involves physical activities that are easy to do and use to improve learning abilities, process information, and respond to the circumstances around us in an affective, compassionate way, and fun. Brain exercise is intended to optimize the work of the two hemispheres of the brain and stimulate various parts of the brain to work effectively, brain exercise can help increase self-confidence, emotional control, focus, memory, creativity and eye and eye coordination, stimulating balance in this balanced state. easier to think, understand and will come up with new ideas and solutions (Khotimah, 2021).

Brain gym is related to the science of body movement, namely body movements that are united and

combined with the brain, so that it can help optimize the function of the brain. Paul E Dennison started a study on the potential for achievement with brain development that will form a brain gym work, the research resulted that the movement-based learning program was able to overcome learning difficulties. Paul founded and created Educational Kinesiology, brain gym activities then make fun movements so that there are movements in the brain gym itself grouped into 26 basic movements that are useful for stimulating all parts of the brain, and development. (Khotimah, 2021).

Stimulating the brain is very good to do in early childhood, because at that time it was known as the golden age. Children need opportunities to play imaginatively, express themselves, find problems, find new discoveries to develop

creativity development, for that as parents/educators should facilitate by providing activities and a flexible learning environment, learning opportunities given to children should encourage children to be able to explore, choose their own activities, discover things, and to create a masterpiece. (Sujiono, 2012).

Seeing the potential in early childhood education, services at PAUD institutions in particular need to be continuously improved, so that the learning and services provided to children in every PAUD institution can really develop the potential of early childhood to the maximum. Organizers of early childhood education must have knowledge, skills, and knowledge in accordance with the field of early childhood education, so the owners or owners of early childhood education institutions must be able to provide the best learning for children and have the characteristics of their respective institutions. (Sujiono, 2012).

One of the early childhood education institutions that has learning specifics in the form of

Private Playdate, Cognitive Stimulation, Sensory Class (Gross Motor Activity and Fine Motor Activity), Baby gym, Art, Craft Activity, and Bilingual is located in the Citalang area of Purwakarta named "Ceria Playdate". The author is interested in conducting research at the educational institution using a descriptive-qualitative approach, while the data collection techniques are through interviews, observation, and documentation.

Physical motor development in children is very important to study because it directly or indirectly affects children's daily behavior. Gross motor skills are all children's skills in moving and balancing their bodies. It can also be interpreted as the movements of a child that are still simple such as jumping and running. While fine motor skills are a skill to move muscles and their functions. In other words, fine motor movements are more specific than gross motor skills such as writing, folding, stringing, crocheting, etc. According to Beaty, a child's gross motor skills can at least be seen through 4 aspects (walking, running, jumping, climbing). (Fadlillah & Khorida,

2020).

Then further research conducted by Chusnul Mualli, et al. The results showed that the RA Nurus Salam Institute used the management of sensory motor play in stimulating increased concentration in children's learning, as well as the involvement of teachers' strategies in the management of sensory motor play through lesson planning, implementation of learning designs, and evaluation. The implications obtained are that children's concentration and focus are more stable when carrying out activities with sensory motor management. (Mualli et al., 2022).

According to Jean Piaget, the stages of children's cognitive development go through several stages including at the age of 0-2 years (Sensory Motoric Period) where at this time children use sensory systems and motor activities to get to know their environment, ages 2-7 years (Preoperational Period) where at this time children already have the ability to use symbols of a concept, preoperational thinking is the initial stage of operational thinking. Then the age of

7-11 years (Concrete Operational Period) at this time the child has done concrete tasks. Therefore, learning in early childhood should emphasize the sensory motor so that all other aspects of development will be unconsciously learned. (Fadlillah & Khorida, 2020)

DISCUSSION

This part is the objective elaboration of the related theories, description of the research objects, the results and discussion in accordance with the research questions. The results must provide scientifically the research data and findings in answering: what, why, how, and the scientific phenomena, which completed with the relevant studies.

Ceria Play date which is on Jl. Colonel Rahmat Kp. Babakan Johar RT 01/RW 01 No. 18 Citalang Village, Purwakarta District, Purwakarta Regency, West Java Province. The physical condition of the place of this research is in the residential area of the residents. The institution is integrated with the owner's house, there are several rooms that are used for classes and the living room is also used as a

classroom. The home page is used for waiting areas and shoe storage.

The history of the founding of Ceria Playdate is that there are many enthusiastic young parents who have early childhood who want to provide the best education that is fun for their children so that the owner of the Ceria Playdate institution also plans what ideas, ideas, and concepts will be developed by Ceria Playdate. Armed with knowledge from experience and trainings owned by the owner of Ceria Playdate in the world of early childhood education, especially in the gymnastics field, because the owner for several years taught at a gymnastics school for children, Ceria Playdate was opened in Purwakarta Regency.

Ceria Playdate which focuses on sensory play activities is open for ages 6 months to 5 years. The study groups opened by Ceria Playdate are in accordance with the age range, namely the Ceria group (6 months – 12 months), the active group (1 year – 2 years), the energetic group (2 years – 3 years), the imaginative group (3 years – 4 years), intelligent group (4 years

– 5 years), clever group (3.5 years – 5 years). The specifications of the activities carried out in each age range are different for the Ceria, active, and energetic learning groups provided, namely cognitive stimulation, gross motor activity, fine motor activity, art and craft, story time, peers play, sing and dance.

In contrast to imaginative, intelligent and clever classes, there are additional learnings, namely thematic learning, phonic, pre-writing, and pre-reading. Children have the opportunity to learn at Ceria Playdate with 60 minutes for baby class and 75 minutes starting from 1 year old and above. The curriculum used by Ceria Playdate combines theories of early childhood developmental psychology, Montessori curriculum, gymnastics, and foreign curriculum.

The language of instruction in learning activities uses a bilingual mixture of Indonesian and English, the lesson plans made using lesson plans are very different from schools in general. Ceria Play Date is a school that does not bind students and parents to come every

day because Ceria Playdate is not a school or formal institution in general, at Ceria children can take lessons 1 time a week or 2 times a month as well because Ceria is a non-binding system adjust to the parent booking system in 1 month when the registration class opens so that every month of course the students who take the class will be different.

Parents who will register their children to take lessons at Ceria must go through a booking system that has been arranged by Ceria, usually Ceria will open registration on her social media account via Instagram then parents send the format and send it to Ceria's whatsapp. The learning themes made by Ceria are also very varied because the learning themes are not equated with the learning themes as has been made by the government, both referring to the service and to the ministry of religion. The theme is not patented, but it could be that this year's theme will not be used again for next year, so the owner and the teaching team are very creative in making lesson plans at Ceria so that the lessons provided

are not boring and do not make children bored every week Ceria gives surprises new themes and fun learning.

The series of learning activities at Ceria begins with playing music and dancing then playing flashcards, followed by sensory play gross motor doing gymnastics yoga activities, hanging, stretching, rolling, climbing, walking on boards, and walking on sensory therapy such as smooth, rough, etc. Yoga activities carried out for children such as lotus pose, child's pose, warrior pose, tree pose, downward followed by braingym activities, a simple movement that can stimulate the brain to optimize and balance the right and left brain, providing benefits for both the brain and body . The exercises are related to the coordination of the ears, eyes, head, and overall limbs. The movements performed are seen in combination with gym activities, so the movements are modified by the teacher but still have learning objectives according to the stage of development.



Figure 1 Activity Sensory Play



Figure 2 Baby Gym Activity

Then the children are given the opportunity to play with games that have been provided by the teacher according to the themes created every week, the themes that have been implemented such as shapes, colors, community helpers, work places, fire department etc. Furthermore, the child makes art and craft assisted by the teacher, the child is given the freedom to express himself in making the work

and when finished it can be brought home by the child, finally the child plays bubble made by the teacher.

The advantage of Ceria for parents is that they can determine their own schedule for parents who have busy work because Ceria opens classes from 08.00 to 17.00 on Tuesday to Sunday, Monday and Tuesday Ceria is off. Play activities made by Ceria such as Gym Sensory Play activities, both Gross motor and Fine motor activities, can be carried out again by parents with their children at home so that parents have ideas for playing with children that can be done again at home.

Learning that is very child-centred makes parents very enthusiastic to continue to be able to follow learning at Ceria if children are sent to formal schools who have to go to school every day and then wake up in the morning, not to mention the busyness of parents at work makes children and parents feel bored and bored so that children are not comfortable and not happy in doing learning at school, therefore when the children are in Ceria the children are very happy

because they miss the varied play activities, in formal schools in general what is taught to children is boring and burdensome because Children are required to be able to read and write.

Unlike the case with Ceria, the activities provided are only focused on playing activities, but unconsciously the playing activities provided also support learning that must be learned for each age range. If in formal schools there are lots of worksheets that must be done by children, then not to mention the memorization that must be memorized by children, making children not want to go to school because it is too heavy to bear the tasks that must be done every day.

Playground areas such as the Playground in Purwakarta are very few and the facilities are not yet complete so many parents prefer to spend time playing activities on holidays to take part in learning at Ceria besides parents can also accompany their children and Ceria is an option where to play children besides playing on the Play Ground, if in the Playground children are not given specific learning, they are free

to play, they are not distinguished by each age group, but in Ceria children do not only play but also carry out learning activities according to their age range and unconsciously children also carry out activities learning to improve all aspects of its development. What's interesting about Ceria is that learning activities are not only at pre-school age, but it is equally important for babies to be given stimulus through sensory play, music, dance, and baby gym so that babies can participate in learning activities according to their level of development achievement.

In a small town like Purwakarta Ceria can open up knowledge for parents about the importance of providing stimulus or stimulation through sensory play to children from the age of 6 months to 5 years, where at this time parents are more proud that their children are taught to read and write in a method that is not in accordance with their level. In its development, it is proud that their children can read faster than their children are free to explore in learning something, with Ceria parents give

more freedom to children to do fun playing activities for children. Playing for children to meet the needs of children is actively involved with the environment, playing and working in producing a work and fulfilling other cognitive development tasks.

During play children receive new experiences, manipulate materials and tools, interact with others and begin to experience their world. Play provides a framework for children to develop an understanding of themselves, others, and the environment. Through play begins all subsequent cognitive functions, because play is very necessary for children's lives. Children must have ample opportunity to move, learning experiences to find sensory-motor activities that include the use of large muscles and small muscles that allow children to fulfill perceptual motor development. Play supports children to grow independently so that children can discover new things, explore, imitate, and practice everyday life. Through playing children can accept, express, and deal with

problems positively, playing can also stimulate perceptual motor development, namely eye-hand or eye-foot coordination, gross motor skills such as jumping, jumping, walking, rolling, etc. Then the ability to bend, reach, stretch as well as body management and control such as showing body sensitivity, balance, ability to start, stop and change directions. Children gain knowledge through their sensors, children can see what their eyes see, children can hear from their ears, therefore learning in children should direct children to various abilities that can be carried out by all their senses.

Children learn through sensors and the five senses according to the view of Montessori who believes that the five senses are the gateway for the entry of various knowledge into the human brain because of its very strategic role, all the five senses must have the opportunity to develop according to their function. Therefore, the learning carried out at Ceria places great emphasis on sensory play because children can learn based on what they see, hear, feel, and touch.

(Sujiono, 2012).

CONCLUSION

Ceria playdate has its own uniqueness where the focus of learning through Private Playdate, Cognitive Stimulation, Sensory Class (Gross Motor Activity and Fine Motor Activity), Baby gym, Art, Craft Activity, and Bilingual is different from other early childhood education institutions that still apply the system. classical learning with almost the same learning every day, so it is an option for parents to choose Ceria as a place for early childhood learning facilities.

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