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## Foreign Language & Cognition



# Foreign Language Glossary

- **How Foreign Language Exposure Supports Cognitive Development**
- **Tips to Incorporate Foreign Language**
- **Common Concerns with Multilingual Children**
- **How to Support Multilingual children & “The Don’ts”**
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Exposing children to a foreign language in early childhood holds significant benefits for their brain development and cognitive skills. Here's a breakdown of the importance with some studies and statistics. Here are some **Brain Development Boosts**:

- **Critical Period:** The earlier the exposure, the better. Research suggests the window for effortless language acquisition is from birth to around age 10. During this time, the brain is highly plastic and readily absorbs new sounds, structures, and grammar of another language.
- **Enhanced Cognitive Flexibility:** Studies show bilingual children have a cognitive advantage. They excel in tasks requiring mental flexibility, like multitasking, filtering distractions, and switching between tasks. A University of Washington study even found bilingually exposed infants excelled at detecting language switches as early as 6 months old.
- **Improved Memory and Attention:** Bilingualism appears to strengthen brain areas associated with memory and attention. Research suggests it can even delay the onset of age-related cognitive decline.
- **Cognitive Benefits:**
  - **Executive Function Skills:** Early language learning can improve a child's executive function skills, which are crucial for planning, problem-solving, & decision-making.
  - **Native-like Pronunciation:** Children exposed to a second language early have a better chance of achieving native-like pronunciation compared to adults who start learning later. This is because their ear and speech muscles are more adaptable to new sounds.



## Tips to Incorporate Foreign Language

- **Make it Fun and Playful:** Children learn best through play. Here are some ideas:
  - **Sing Songs and Rhymes:** Find catchy songs and rhymes in the target language. Action songs with gestures are especially engaging.
  - **Tell Stories and Play Games:** Read simple stories and adapt playtime narratives to incorporate new vocabulary in the foreign language.
- **Create a Language-Rich Environment:** Surround children with the target language:
  - **Label Everyday Objects:** Label furniture, toys, and household items with their names in the foreign language.
    - In place of a physical label, you can verbalize the words in the targeted language.
  - **Background Music:** Play music in the target language during playtime or mealtimes.
- **Involve Families, Caregivers, and the Community:** The more people who speak the target language around the children, the better.
  - **Family Time:** Recruit grandparents, aunts, uncles, or anyone comfortable with the language to engage in the targeted language.
  - **Community Resources:** Look for playgroups, story times, or cultural events in the target language.



## Common Concerns with Multilingual Children

It's common for young children exposed to multiple languages from birth to speak less in each individual language compared to their monolingual peers. This may look like they're lagging behind in language development, but that's often not the case. Here's why:

- **Focus on Receptive Language First:** Young multilingual learners are busy sorting out the sounds, grammar, and vocabulary of multiple languages. They might be prioritizing understanding (receptive language) before actively speaking (expressive language).
- **Code-Switching is Normal:** Multilingual children often mix languages in their speech, a phenomenon called code-switching. While it might sound like they haven't grasped either language fully, it's actually a sign of their developing fluency and ability to navigate between languages.
- **"Silent Period":** Some children go through a "silent period" where they seem reluctant to speak in the new language. This doesn't indicate a problem, but rather a time of focused listening and internalizing the language before feeling comfortable expressing themselves.



## How to Support Multilingual Children

- **Focus on Communication, Not Perfection:** The goal is for your child to connect and understand. Don't worry about correcting their pronunciation or grammar at this stage.
- **Provide Plenty of Exposure:** Keep exposing them to the languages through songs, stories, games, and conversations.
- **Be Patient:** Multilingual language development can take time. Trust the process and enjoy the journey together!

## The Don'ts of Language Development

- **Don't focus on grammar drills:** Young children learn languages through immersion and natural interactions, not formal lessons.
- **Don't compare children to others:** Every child learns at their own pace. Focus on the child's progress and celebrate their individual milestones.
- **Don't force language/conversations:** If your child isn't responsive in the target language, don't pressure them. Let them initiate and respond naturally.
- **Don't correct them:** If children have mispronounced or mislabeled something, just let it be. You can then repeat/model their phrase using the proper pronunciation or vocabulary word. This relieves any potential insecurity and pressure around saying things "wrong."
- **Don't translate everything:** This can hinder their ability to understand the context and infer meaning in the foreign language.
- **Don't be afraid to speak broken language yourself:** It's okay if you're not a fluent speaker. Children learn best through natural interactions, and your enthusiasm is more important than perfect grammar.





# Spanish Enrichment

# Spanish Enrichment

## Familiar Songs in Early Childhood

### Twinkle, Twinkle, Little Star

**English:**

Twinkle, twinkle, little star,  
How I wonder what you are.  
Up above the world so high,  
Like a diamond in the sky.  
Twinkle, twinkle, little star,  
How I wonder what you are.

**Spanish:**

Brilla, brilla, estrellita,  
¡Cuánto me pregunto qué serás!  
Allá arriba tan alto estás,  
Como un diamante en el cielo estás.  
Brilla, brilla, estrellita,  
¡Cuánto me pregunto qué serás!

### Head, Shoulders, Knees, and Toes

**English:**

Head, shoulders, knees, and toes,  
Knees and toes.  
Head, shoulders, knees, and toes,  
Knees and toes.  
And eyes, and ears, and mouth, and nose.  
Head, shoulders, knees, and toes,  
Knees and toes.

**Spanish:**

Cabeza, hombros, rodillas y pies,  
Rodillas y pies.  
Cabeza, hombros, rodillas y pies,  
Rodillas y pies.  
Y ojos, y orejas, y boca, y nariz.  
Cabeza, hombros, rodillas y pies,  
Rodillas y pies.

### The Itsy Bitsy Spider

**English:**

The itsy bitsy spider climbed up the water spout.  
Down came the rain and washed the spider out.  
Out came the sun and dried up all the rain,  
And the itsy bitsy spider climbed up the spout again.

**Spanish:**

La arañita subió por el canalón,  
Cayó la lluvia y se la llevó.  
Salió el sol y todo lo secó,  
Y la arañita subió y subió.

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# Spanish Enrichment

## Vocabulary: Everyday Words and Phrases

Hello = Hola

Bye = Adiós

Good morning = Buenos días

Good afternoon = Buenos tardes

Good night = Buenas noches

See you tomorrow! = ¡Hasta mañana!

I love you = Te quiero

High five! = ¡Choca esos cinco!

Please = Por favor

Thank you = Gracias

You're welcome = De nada

How are you? = ¿Cómo estás?

What's your name? = ¿Cómo te llamas?

My name is = Me llamo

Can you help me please? = ¿Puedes ayudarme, por favor?

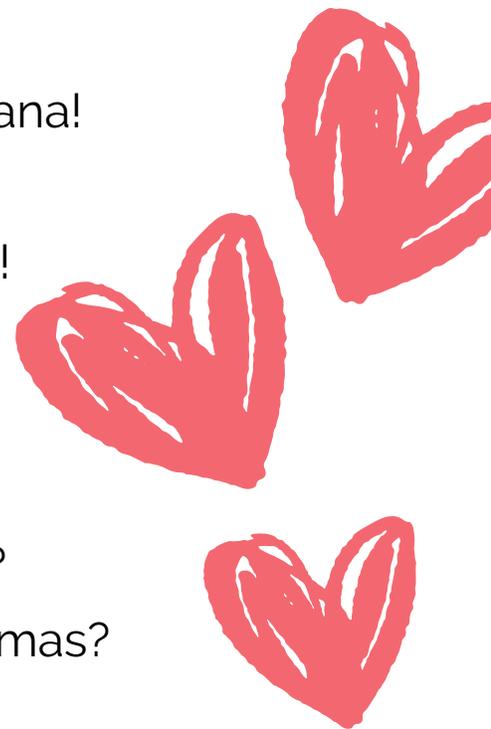
Time to eat! = ¡Hora de comer!

Let's go play outside! = ¡Vamos a jugar afuera!

Let's read a book together = Vamos a leer un libro juntos

Let's use the bathroom! = ¡Vamos al baño!

Time to clean up! = ¡Hora de limpiar!



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# Spanish Enrichment

## Vocabulary: Transportation

Car = Coche

Bus = Autobús

Train = Tren

Bicycle = Bicicleta

Airplane = Avión

Boat = Barco

Truck = Camión

Motorcycle = Motocicleta

Scooter = Patinete

Helicopter = Helicóptero

Taxi = Taxi

Ambulance = Ambulancia

Fire truck = Camión de bomberos

Submarine = Submarino

Rocket = Cohete

Skateboard = Patineta

Hot air balloon = Globo aerostático

Tractor = Tractor

Spaceship = Nave espacial

Hovercraft = Aerodeslizador



# Spanish Enrichment

## Vocabulary: Animals



Dog = Perro

Cat = Gato

Bird = Pájaro

Fish = Pez

Rabbit = Conejo

Horse = Caballo

Cow = Vaca

Pig = Cerdo

Sheep = Oveja

Chicken = Pollo

Duck = Pato

Elephant = Elefante

Lion = León

Tiger = Tigre

Monkey = Mono

Giraffe = Jirafa

Bear = Oso

Dolphin = Delfín

Snake = Serpiente

Turtle = Tortuga





# Mandarin Enrichment

# Mandarin Enrichment

## Familiar Songs in Early Childhood

### Twinkle, Twinkle, Little Star

**English:**

Twinkle, twinkle, little star,  
How I wonder what you are.  
Up above the world so high,  
Like a diamond in the sky.  
Twinkle, twinkle, little star,  
How I wonder what you are.

**Mandarin (Pinyin):**

Yi shan yi shan liang jing jing,  
Man tian dou shi xiao xing xing.  
Gua zai tian kong fang guang ming,  
Hao xiang xu duo xiao yan jing.  
Yi shan yi shan liang jing jing,  
Man tian dou shi xiao xing xing.

### Head, Shoulders, Knees, and Toes

**English:**

Head, shoulders, knees, and toes,  
Knees and toes.  
Head, shoulders, knees, and toes,  
Knees and toes.  
And eyes, and ears, and mouth, and nose.  
Head, shoulders, knees, and toes,  
Knees and toes.

**Mandarin (Pinyin):**

Tou, jian bang, xi gai, jiao,  
Xi gai, jiao.  
Tou, jian bang, xi gai, jiao,  
Xi gai, jiao.  
Hai you yan jing, er duo, zui ba, bi zi.  
Tou, jian bang, xi gai, jiao,  
Xi gai, jiao.

### The Itsy Bitsy Spider

**English:**

The itsy bitsy spider climbed up the water spout.  
Down came the rain and washed the spider out.  
Out came the sun and dried up all the rain,  
And the itsy bitsy spider climbed up the spout again.

**Mandarin (Pinyin):**

Xiao zhi zhu pa shui guan,  
Xia yu shui ba ta chong xia.  
Tai yang chu lai shui gan le,  
Xiao zhi zhu you pa shang lai.

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# Mandarin Enrichment

## Vocabulary: Everyday Words and Phrases

Hello = Ni hao

Bye = Zaijian

Good morning = Zaoshang hao

Good afternoon = Xiawu hao

Good night = Wan'an

See you tomorrow! = Mingtian jian

I love you = Wo ai ni

High five! = Ji zhang

Please = Qing

Thank you = Xiexie

You're welcome = Bu keqi

How are you? = Ni hao ma?

What's your name? = Ni jiao shenme mingzi?

My name is = Wo jiao

Can you help me please? = Ni neng bang wo ma?

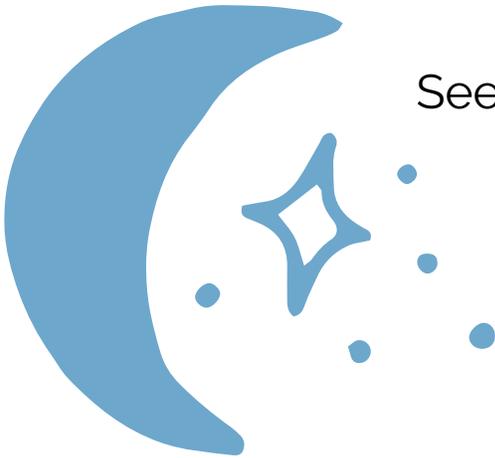
Time to eat! = Shi chifan shijianle!

Let's go play outside! = Women qu waimian wan ba!

Let's read a book together = Women yiqi dushu ba!

Let's use the bathroom! = Women qu shang cesuo ba!

Time to clean up! = Shi dasao de shijianle!



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# Mandarin Enrichment

## Vocabulary: Transportation

Car = Qìchē

Bus = Bāshì

Train = Huǒchē

Bicycle = Zìxíngchē

Airplane = Fēijī

Boat = Chuán

Truck = Kǎchē

Motorcycle = Mótūochē

Scooter = Xíngchē

Helicopter = Zhíshēngjī

Taxi = Chūzūchē

Ambulance = Jiùhùchē

Fire truck = Xiāofángchē

Submarine = Qiántǐng

Rocket = Huǒjiàn

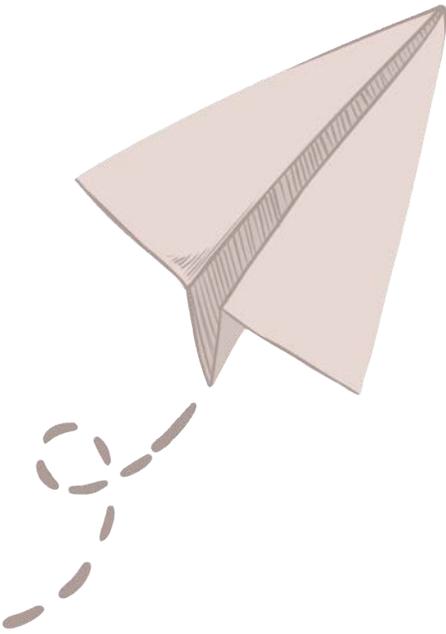
Skateboard = Huábǎn

Spaceship = Tàikōngfēijìàn

Hot air balloon = Rèqìqiú

Tractor = Tuōlājī

Hovercraft = Fúting



# Mandarin Enrichment

## Vocabulary: Animals



Dog = Gǒu

Cat = Māo

Bird = Niǎo

Fish = Yú

Rabbit = Tùzi

Horse = Mǎ

Cow = Niú

Pig = Zhū

Sheep = Yáng

Chicken = Jī

Duck = Yā

Elephant = Dàxiàng

Lion = Shīzi

Tiger = Lǎohǔ

Monkey = Hóuzi

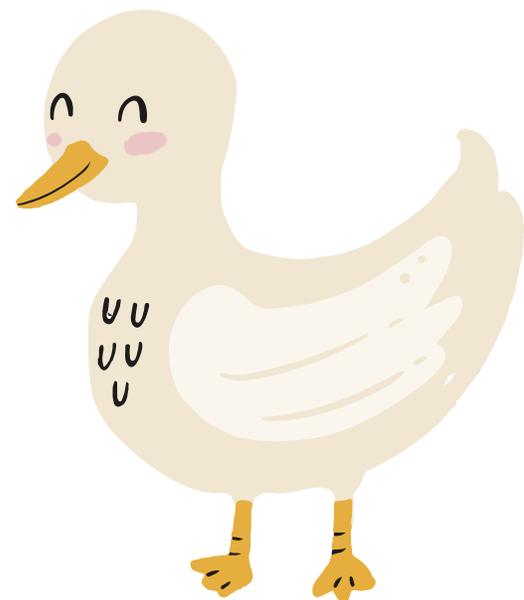
Giraffe = Chángjǐnglù

Bear = Xióng

Dolphin = Hǎitún

Snake = Shé

Turtle = Wūguī





# French Enrichment

## French Enrichment

### Familiar Songs in Early Childhood

#### Twinkle, Twinkle, Little Star

##### English:

Twinkle, twinkle, little star,  
How I wonder what you are.  
Up above the world so high,  
Like a diamond in the sky.  
Twinkle, twinkle, little star,  
How I wonder what you are.

##### French:

Brille, brille, petite étoile, (breel breel puh-teet ay-twahl)  
Je me demande vraiment ce que tu es. (zhuh muh duh-mahnd vray-mahn suh kuh tew eh)  
Là-haut dans le ciel si haut, (lah-oh dahn luh syel see oh)  
Comme un diamant là-haut. (kum uh dyah-mahn lah-oh)  
Brille, brille, petite étoile, (breel breel puh-teet ay-twahl)  
Je me demande vraiment ce que tu es. (zhuh muh duh-mahnd vray-mahn suh kuh tew eh)

#### Head, Shoulders, Knees, and Toes

##### English:

Head, shoulders, knees, and toes,  
Knees and toes.  
Head, shoulders, knees, and toes,  
Knees and toes.  
And eyes, and ears, and mouth, and nose.  
Head, shoulders, knees, and toes,  
Knees and toes.

##### French

Tête, épaules, genoux et pieds, (tet ay-pohl zhuh-noo ay pyeh)  
Genoux et pieds. (zhuh-noo ay pyeh)  
Tête, épaules, genoux et pieds, (tet ay-pohl zhuh-noo ay pyeh)  
Genoux et pieds. (zhuh-noo ay pyeh)  
Et yeux, et oreilles, bouche et nez. (ay yuh, ay or-ay, boosh ay nay)  
Tête, épaules, genoux et pieds, (tet ay-pohl zhuh-noo ay pyeh)  
Genoux et pieds. (zhuh-noo ay pyeh)



# French Enrichment

## Vocabulary: Everyday Words and Phrases

Hello = Bonjour (bohn-zhoor)

Bye = Au revoir (oh ruh-vwah)

Good morning = Bonjour (bohn-zhoor)

\* Good afternoon = Bon après-midi (bohn ah-pray-mee-dee)

Good night = Bonne nuit (bun nwee)

See you tomorrow! = À demain (ah duh-mahn)

I love you = Je t'aime (zhuh tem)

High five! = Tape m'en cinq (tahp mahn sank)

Please = S'il te plaît / S'il vous plaît (seel tuh pleh / seel voo pleh)

Thank you = Merci (mehr-see)

You're welcome = De rien (duh ryen)

How are you? = Ça va ? / Comment ça va ? (sah vah / koh-mahn sah vah)

What's your name? = Comment tu t'appelles ? (koh-mahn too tah-pell)

My name is = Je m'appelle... (zhuh mah-pell)

Can you help me please? = Peux-tu m'aider, s'il te plaît ? (puh too meh-day, seel tuh pleh)

Time to eat! = C'est l'heure de manger ! (say lurr duh mahn-zhay)

Let's go play outside! = Allons jouer dehors ! (ah-lohn zhoo-ay duh-or)

Let's read a book together = Lisons un livre ensemble (lee-zohn uh leevr ahn-sahmbl)

Let's use the bathroom! = Allons aux toilettes ! (ah-lohn oh twah-let)

Time to clean up! = C'est l'heure de ranger ! (say lurr duh rahn-zhay)



# French Enrichment

## Vocabulary: Transportation



Car = Voiture (vwah-tyur)

Bus = Bus (bews)

Train = Train (trahn)

Bicycle = Vélo (vay-loh)

Airplane = Avion (ah-vyon)

Boat = Bateau (bah-toh)

Truck = Camion (kah-myohn)

Motorcycle = Moto (moh-toh)

Scooter = Trottinette (troh-tee-net)

Helicopter = Hélicoptère (ay-lee-kop-tehr)

Taxi = Taxi (tahk-see)

Ambulance = Ambulance (ahm-bew-lahns)

Fire truck = Camion de pompiers (kah-myohn duh pom-pyay)

Submarine = Sous-marin (soo-mah-ran)

Rocket = Fusée (fyu-zay)

Skateboard = Skateboard (skeht-board)

Spaceship = Vaisseau spatial (veh-soh spah-syal)

Hot air balloon = Montgolfière (mohn-gol-fyehr)

Tractor = Tracteur (trak-tuhr)

Hovercraft = Aéroglisseur (ah-ay-roh-gee-suhr)



# French Enrichment

## Vocabulary: Animals

Dog = Chien (shyen)

Cat = Chat (shah)

Bird = Oiseau (wah-zoh)

Fish = Poisson (pwah-sohn)

Rabbit = Lapin (lah-pahn)

Horse = Cheval (shuh-vahl)

Cow = Vache (vash)

Pig = Cochon (koh-shohn)

Sheep = Mouton (moo-tohn)

Chicken = Poule (pool)

Duck = Canard (kah-nar)

Elephant = Éléphant (ay-lay-fahn)

Lion = Lion (lee-ohn)

Tiger = Tigre (tee-gruh)

Monkey = Singe (sahnzh)

Giraffe = Girafe (zhee-rahf)

Bear = Ours (oorss)

Dolphin = Dauphin (doh-fahn)

Snake = Serpent (sehr-pohn)

Turtle = Tortue (tor-tew)

