



Why Life Essentials Matter in the Age of AI

We are raising children in a time of extraordinary technological change. Artificial intelligence is rapidly transforming industries, redefining jobs, and reshaping the way people learn and work. In Silicon Valley, families are often thinking not only about the next school year, but also about the world their children will enter ten or twenty years from now.

In a world where information is instantly accessible and many tasks can be automated, experts increasingly agree on an important idea: the skills that matter most for the future are not simply academic knowledge, but the human abilities that technology cannot replace.

Qualities such as **curiosity, creativity, empathy, resilience, communication, leadership, and adaptability** are becoming more valuable than ever. These are the skills that allow people to solve new problems, collaborate across cultures, and continue learning throughout their lives.

What many people do not realize is that the foundations of these abilities begin developing in the earliest years of childhood.

During the preschool years, children are learning far more than letters and numbers. They are learning how to ask questions, how to try again when something doesn't work, how to cooperate with others, and how to express their thoughts and emotions. These early experiences shape how children approach learning, relationships, and challenges for years to come.

This is why our program focuses on developing what we call **Life Essentials** — the foundational skills, habits, and character traits that help children grow into confident learners and thoughtful individuals.

Through thoughtfully guided play-based learning, children explore ideas, solve problems, and work together in meaningful ways. When children build something together, engage in imaginative play, or investigate a science question, they are practicing many of the very skills that will matter most in the future: communication, creativity, collaboration, and persistence.

Research in early childhood education from institutions such as Harvard and Stanford consistently highlights the importance of **social-emotional development and executive**

function skills in the early years. These abilities — including self-regulation, flexible thinking, and problem solving — strongly influence how children learn and adapt later in life.

At the same time, our teachers intentionally support strong academic foundations. Through language-rich conversations, storytelling, early math exploration, and hands-on discovery, children develop literacy and numeracy skills in ways that are meaningful and engaging.

But perhaps most importantly, children develop something that cannot be easily taught through worksheets or memorization: **a love of learning**.

In a rapidly evolving world, the ability to stay curious, keep learning, and adapt to new challenges may be the most important preparation we can give children.

When children develop these Life Essentials — curiosity, empathy, confidence, resilience, and adaptability — they are not only ready for kindergarten. They are prepared for a future that none of us can fully predict.

And in the age of AI, these deeply human qualities will remain the skills that matter most.

Because the goal of early childhood education is not simply to help children perform earlier — but to help them learn, grow, and thrive for a lifetime.