

Helping Children Learn Key Life Skills

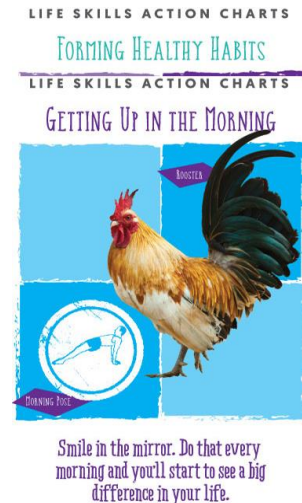
3 Class Series: April 23, May 21, June 18

This series is designed for anyone who works with children: parents, teachers, homeschooling instructors, grandparents, Sunday school and youth group leaders.

Class #1 April 23: Developing the Body

"The physical body, if not treated sensitively and with proper awareness, can end up becoming man's own worst enemy. An ill body can obstruct every effort of the will toward accomplishment." J. Donald Walters, Education for Life (EFL)

- Forming Healthy Habits
- Gaining Control of Your Diet
- Getting Up in the Morning



Class #2 May 21: Developing the Feelings

"Only by calm, inner feeling can a person know definitely the right course to take in any action." EFL

- Working with Others and Making Friends
- Practicing Peace and Expanding Sensitivity
- Nurturing Even-Mindedness and Choosing Happiness

Class #3 June 18: Developing the Will

"Willpower is a vital ingredient of maturity, and should be emphasized as such in the schools. Techniques should be taught for developing it, and opportunities explored for its expression." EFL book

- Building Will Power
- Cultivating Courage
- Living Truth

Time: 10:30-12 am **Where:** 10450 Coloma Rd, Rancho Cordova

Cost: \$25 per class (includes a \$15 set of Life Skills Action Charts), continuing students \$10
Classes can be taken independently or as a series. All classes will focus on the Life Skill Action Charts, a resource for parents and teachers from Education for Life (EFL)

Instructors:



Nitai Deranja, Founding director (in 1972) of the original Education for Life School. Nitai is the author of two books: *The Art of Joyful Education*, and *For Goodness Sake: Supporting Children & Teens in Discovering Life's Higher Values*.



Irene Schulman, Co-founder of the first Education for Life High School (1997). Member of Education for Life Associates, a team focused on spreading this work worldwide. Irene now offers EFL training to Spanish-speakers.



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