

HEALTHY CHILDREN – HEALTHY PLANET

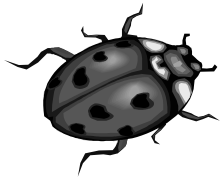
AN EIGHT-SESSION COURSE FOR THE WORKPLACE, FAITH CENTRE OR HOME

PURPOSE

∞ To understand how the pervasive effects of advertising, media, and our consumer culture can influence a child's view of the world.

∞ To discover ways to create meaningful family times and healthful environments for children.

∞ To explore ways to develop a child's connection to nature, and to foster creativity.



“My husband read the readings also. And for the first time in our married life we sat down and talked about our values.”

- Healthy Children –
Healthy Planet course
participant

SESSION THEMES

Cultural Pressures: A powerful fusion of pop culture and peer influence create a *social smog* that has a strong influence on today's children, says author and doctor Ron Taffel. How should adults respond to these pressures?

Family Rituals and Celebrations: Meaningful family time can provide an antidote to cultural pressures of consumption. Explore how ritual can enrich a child's family experience and examine alternatives to elaborate celebrations and gifts.

Advertising: The average child sees an estimated 20,000 commercials every year. What are the effects on our children and what steps can adults take to lessen the impact?

Food and Health: Many schools serve high-fat lunches, and soda and candy is readily available on school grounds. What is the link between diet and learning? How can adults encourage children to include healthy foods in their meals?

Time and Creativity: Today's children may have schedules that rival the busiest adults. How can adults help children find balance between activities and unstructured time, which is often the source of creativity?

Technology and the Media: Opinions differ on whether computers hinder or help the natural process of child development. Watching TV can displace more valuable experiences. What steps can adults take to create a healthy media environment at home?

Exploring Nature: Children have an affinity for the natural world and, as Rachel Carson says, “an inborn sense of wonder.” As children spend more time indoors, they connect less to the wild places in their neighborhood. How can we give children the opportunity to connect with the natural world?

CANADIAN EARTH INSTITUTE

To start a discussion course, please contact CEI at:

Ph. (250)727-9163

Email: info@CanadianEarthInstitute.org

Website www.CanadianEarthInstitute.org



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Motivating individuals to examine and transform personal values and habits,
to accept responsibility for the earth, and to act on that commitment.