

INSPIRATION 2006

CHILDREN'S WORKSHOP OUTLINES

1. "Who am I"

Acceptance of others begins with the acceptance of ourselves. Understanding "who am I" will help children understand that everyone has a story to share and everyone should be accepted for who they are not how they look. We will talk about self esteem-what is it and teach the children how to build their own self esteem and what brings it down. In this session, kids will share their personal stories through role playing, talking and lots of fun. They will learn how to "explain to others what their condition is" and how to tell someone they "don't want to talk about it". This session is a back to basics on how to treat ourselves and others so that we remain feeling good about ourselves and to treat others as we want to be treated.

2. "Playball"

PLAYBALL is a progressive sports coaching program that encourages sport skills and teamwork in a fun and energetic environment. The PLAYBALL program provides children with a positive experience that lays the foundation for confident sports participation for the rest of their lives. The PLAYBALL program nurtures essential life skills such as independence, self-confidence, courage, discipline, and sportsmanship. This action packed workshop will be fun and exciting and will teach your children key elements of participation and teamwork. The children will participate in activities at their own individual level making it safe for everyone to participate. The workshop is none impact and non-competitive-FUN FOR ALL!!

3. "Power Drumming!"

...find your voice, feel your power!

In this workshop the children will use the ancient art of hand-drumming to experience a range of sensations and feelings. They will experience creative self-expression, group unity and self awareness within a supportive, stimulating and inspiring environment. Experience the vibrant rhythms of Africa and the Middle East. No previous musical experience is required, just a willingness to learn something new!! All drums and percussion instruments provided by Diana's Drum, www.dianasdrum.com

4. "A Garden of Friends: How to Grow Friendships"

In our early childhood years, we learn basic skills; Socialization is so important for your child. It teaches them right from wrong when they are in their circle of friends. Every child can benefit from learning what makes a good friend; and, understanding how we hurt and heal others. In this session, kids will explore in fun interactive ways how to make friends, grow friendships and prevent teasing in their own circle of friends. They will learn about negative behaviors that can end friendships and what they can do to build strong relationships. Friendships are a key element for the child with a facial difference and an important piece to the puzzle of self esteem and good relationships both within the household and outside.

