



Developing the Self
Developing the World

Health & Wellbeing Program

Social Understanding and Healthy Relationships with Self and Others

Class 4 to 8
November 4th and 5th

The program highlights with each class the growth and changes that they are going through. This includes puberty and the physical and emotional changes that go hand in hand over this time. The content is age appropriate for each class. It aims to deepen the young person's healthy relationship to themselves and encourages greater understanding, mutual respect and compassion for the other members of their class and the school community.

Caregivers/Parents
November 2nd 7pm - 8:30pm

The content is help to recognise the relevant depth and progression anthroposophy brings to this important aspect of life and the responsibility of community in raising children and working together to promote individual wellbeing.

We look at how and when we work with children and adolescents to bring the understanding of sexuality and gender in relation to where they are in their consciousness. This brings harmony between the evolving body and inner experiences that sets the ground for healthy adult experience.

The talk will cover the themes of the content brought to the students and some of the main issues confronting child health and wellbeing in current times, with examples of how we can counter the unbalancing effects. We also address how to understand gender differences and similarities that both limit or free us and the contribution and struggles of the changing social structures around gender and sexuality affecting us all. This parent session is offered over zoom.

Developing the Self Developing the World is a social initiative based on the work of Rudolf Steiner that offers school health and wellbeing programs and support for young adults..

www.developingtheself.org