

## **Selfseeds**

<https://www.selfseeds.com>

Selfseeds provides an innovative and personalized learning experience that addresses the 6 components from \*Kentucky Portrait of a Learner.

- The world is interconnected and complex, so let's help kids start learning about the mind, body, and inner connection early in their development.
- Students, as engaged citizens, will positively impact their community and the world.
- We must encourage opportunities to enhance the traditional school system to better prepare today's students.
- Appropriate for students K-12, athletes, staff, teachers, counselors, parents, and more.
- Easy to learn and teach.
- Personalized
- Enriching
- Empowering
- Transformational
- Fun and creative

### **Why is this important?**

"Why Create a Portrait of a Learner? Now more than ever, learning experiences must not be just about mastering challenging academic content. They also must be more intentional about fostering communication, collaboration, adaptability, and other skills our students need to thrive."

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### **How?**

A 1 hour educational, creative, and fun Selfseeds workshop:

1. Each student experiences his or her unique mind, body, and inner communication through 11 Selfseeds practices: fitness, nutrition, stillness, emotions, weight distribution, flexibility, balance, rhythm, integration, partnering, and personalize 5.
2. Learns the importance of integrating her/his personalized awareness.
3. Applies the new awareness in simple team building exercises.

### **What are the positive results?**


Self understanding leads to:


- We are action oriented.
- We are learners.
- We are inclusive.
- We are accomplished.

Please contact Susan Eoff to schedule a consultation. (916) 798-2954 eoff@selfseeds.com



## KENTUCKY PORTRAIT OF A LEARNER


 **ENGAGED CITIZEN** - Shows respect and empathy across differences, embraces diversity of opinion, seeks cultural understanding, participates in the democratic process to challenge the status quo, and makes a positive impact on their community and the world.

 **CRITICAL THINKER** - Thinks deeply and makes informed decisions to create solutions or new understanding supported by relevant and reliable evidence.

 **EFFECTIVE COMMUNICATOR** - Engages diverse audiences respectfully by exchanging ideas and information responsibly, listening actively, speaking and writing clearly, and using print and digital media appropriately.

 **EMPOWERED LEARNER** - Demonstrates mastery and application of academic competencies. Develops the skills and dispositions to persist through difficulties and plan for a future of self-improvement.

 **CREATIVE CONTRIBUTOR** - Interprets experiences, imagines and plays with new possibilities with curiosity, and creates approaches that are novel, useful, and valued by the world around them.

 **PRODUCTIVE COLLABORATOR** - Engages with others to achieve a common goal through building positive relationships, actively listening, showing empathy, and making individual contributions to a larger group.