

EVERY CHILD DESERVES THIS.



# AWARD-WINNING, *social-emotional* EDUCATION PROGRAM

that improves children's outlook  
and behavior measurably in just  
a few weeks.

**SFK**.ORG





## *the* **SFK VISION**

We believe every child, regardless of their culture or background, should have access to an effective social-emotional education early in life so they can learn resilience, empathy, and self-worth alongside math and reading.



**WHEN CHILDREN THROUGHOUT THE  
WORLD UNDERSTAND THAT ALL HUMAN  
BEINGS, INCLUDING THEMSELVES,  
CONTAIN A SPARK OF GOODNESS,  
THERE WILL BE NO ROOM FOR  
PREJUDICE, WAR, GUNS, OR DRUGS”**

**- KAREN BERG, SFK FOUNDER**



**At SFK, we strive to create exceptional programs and content that teach these crucial life lessons to children in a fun and engaging manner.**



# ABOUT SFK

Spirituality for Kids International Inc. (SFK), the creator of the **Winning in the Game of Life™** and **Exploring the Journey of Life™** courses, is a 501(c)(3), educational non-profit organization based in Los Angeles, CA. Since 2008 SFK provides children, teachers, parents and professionals, programs geared to help kids make better choices, manage their emotions and develop self-awareness. SFK operates as a curriculum developer and delivers its programs through various avenues:

- **Online,**
- **Through in-person Family Classes,**
- **In partnership with schools and organizations around the world, and**
- **Through a worldwide Outreach Program for at-risk children.**

Over 86,000 children in 24 countries have been through the SFK program in classrooms. Since 2012 the program has been available online and accessible to everyone, everywhere (SFK.org).



## What Do We Mean by Spirituality?

- Looking inward, being aware of myself and taking full responsibility for my own happiness and joy.
- Looking outward to foster positive connections with other individuals and with the greater community.
- Instead of using ethics and morals to encourage positive behavior in children, true spirituality teaches children to understand and recognize the chain of cause and effect.
- Being aware of the interconnectedness between ourselves, others and the world.

## How SFK Works

In just 12 weeks, children will learn practical social-emotional tools that will strengthen their confidence in themselves and ignite compassion for others. SFK teaches children more than just how to improve their behavior – it teaches them to take a deep look within as well as a global perspective. We help children connect with the deeper truth of who they are, why they are unique, and why it is important to share their gifts with the world. SFK also helps them see the ripple effect their individual choices have, not just on those around them, but on the world.

## Graduates of SFK:

- Have a stronger ability to manage tough emotions.
- Share, cooperate, and help more.
- Experience lower frustration levels and fewer clashes.
- Deepen their sense of responsibility.
- See challenges as opportunities.
- Express improved confidence, tenacity, and grit.
- Have deeper connections with parents, siblings, and community.
- Grow greater self-worth, and show greater effort.
- Make wiser more compassionate choices.

## AWARDS

SFK has received many awards, each recognizing our program's stellar qualities in terms of the online learning platform, educational soundness and effectiveness, usability, and overall significance.



# SFK AND SOCIAL AND EMOTIONAL LEARNING (SEL)

Social Emotional Learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. (casel.org)

## SEL BENEFITS

- Better academic performance
- Improved attitudes and behaviors
- Fewer negative behaviors
- Reduced emotional distress

## THE SEL CORE COMPETENCIES





# SFK'S APPROACH OF SEL

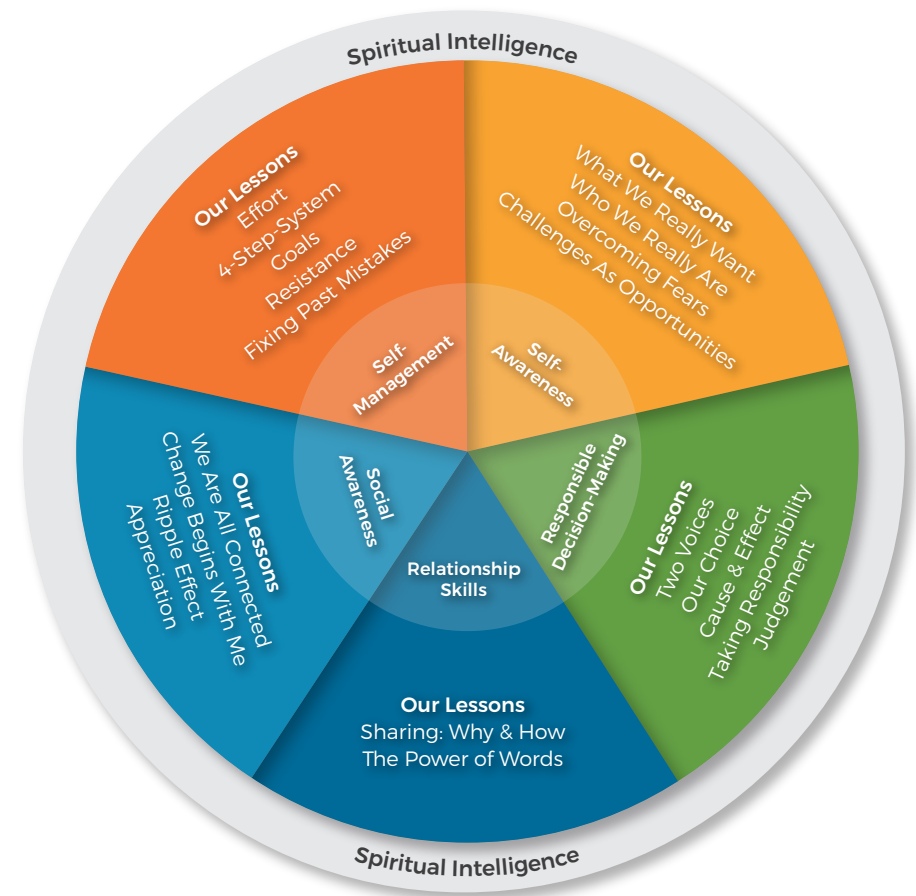


The SFK curricula support the social and emotional development of children – self-awareness, self-management, social awareness, relationships skills, and responsible decision making. Our model takes it one step deeper with Spiritual Intelligence - the ability to behave with wisdom and compassion, while maintaining inner and outer peace, regardless of the situation. Spiritual intelligence is the key to helping kids connect to their True Self.

## When we are connected to our True Self we:

- Have a sense of well being
- See the world from a different perspective
- Are able to find the good in all aspects in life
- Can embrace challenges because we know their value to our process.
- Are happy to engage in a process knowing it is as important as the outcome.
- Have perseverance and resiliency.

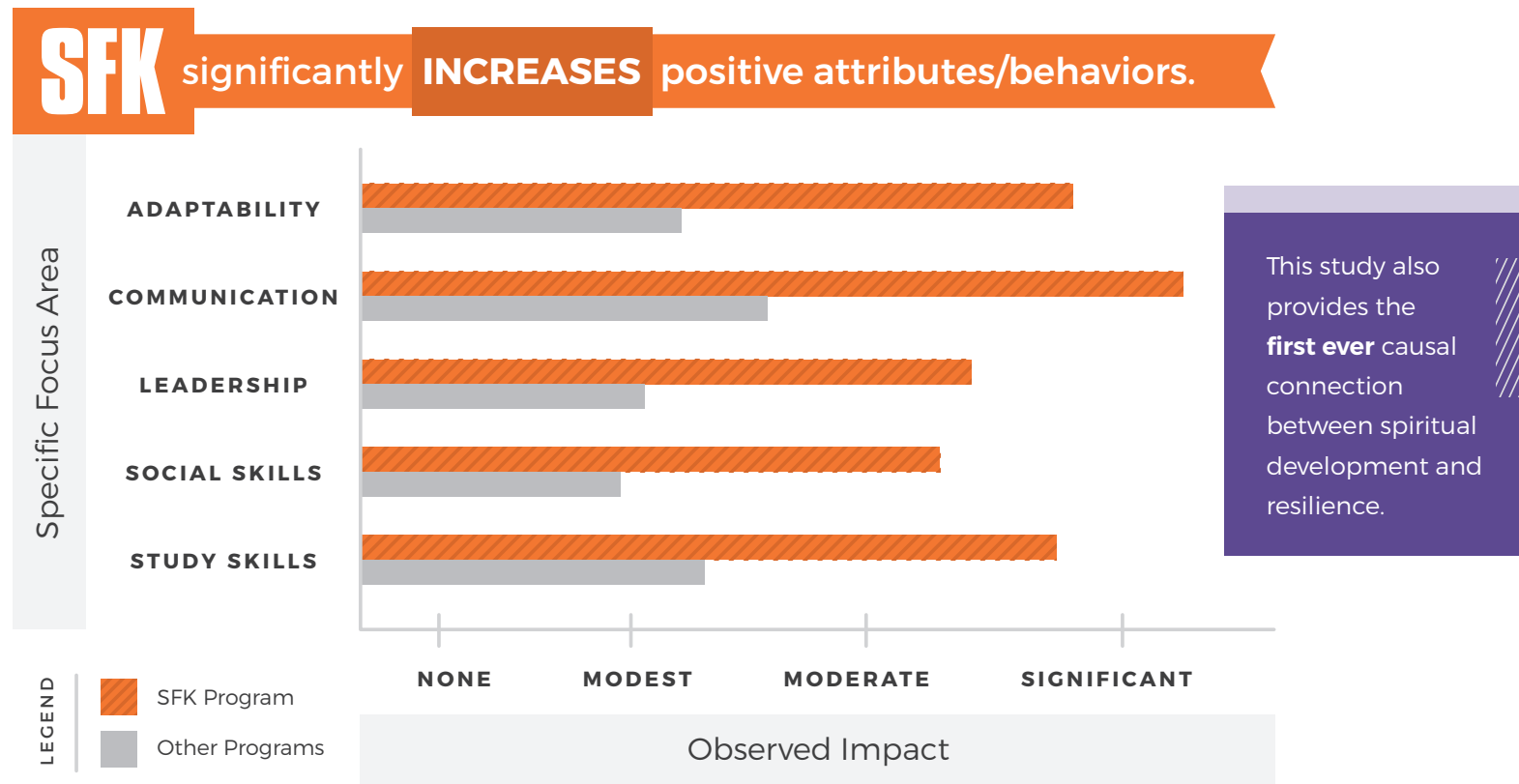
## A SPIRITUAL, SOCIAL & EMOTIONAL LEARNING (SSEL) PROGRAM



# RAND EVALUATION STUDY

## Conclusive Study Shows Excellence

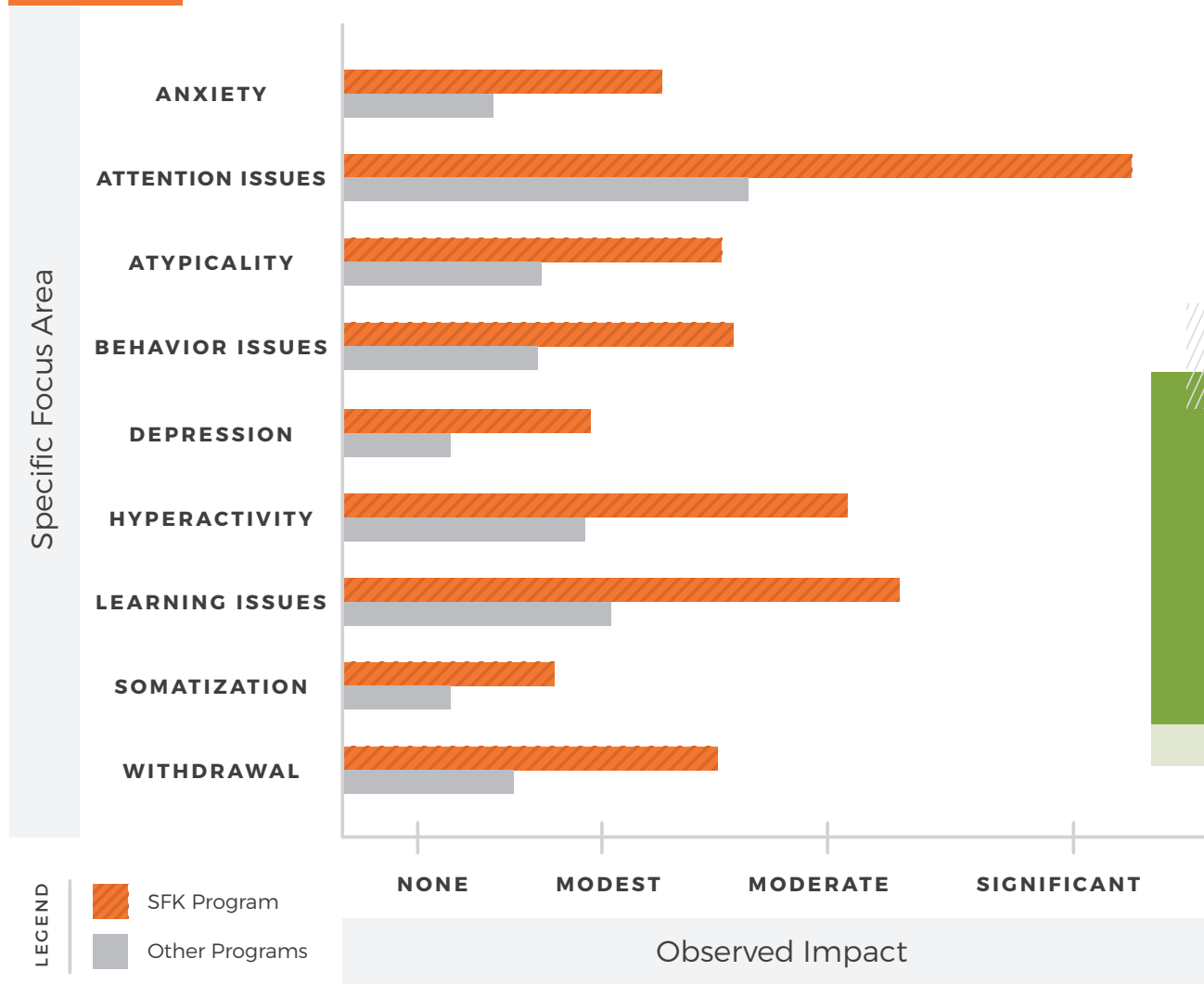
The RAND Corporation outcome study performed on close to 800 children across South Florida, found that SFK had positive effects on nearly every domain tested, and many of these effects persisted at 12-week follow-up. The study showed that the curriculum positively influenced the behavior of children, helping them develop problem solving and social skills, self-esteem, a sense of autonomy, and a sense of direction.





**SFK**

significantly **DECREASES** negative attributes/behaviors.



To view the full  
Evaluation Brief, visit  
us at **SFK.org/RAND**

# PROGRAM CONTENT

## THE COURSES

### Level 1: Winning in the Game of Life™

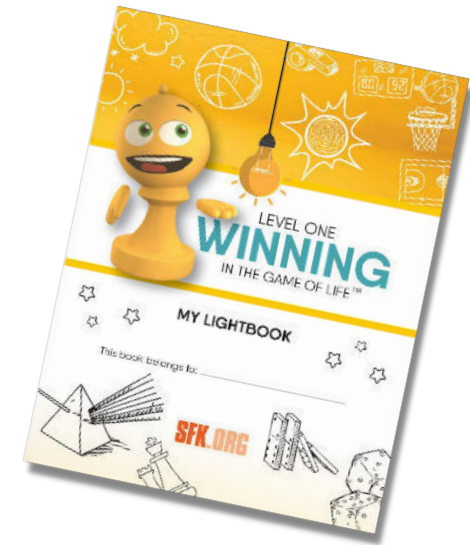
Through the analogy of life being like a game, with players, rules, goals and challenges, children discover the basic guidelines to win in the game of life.



#### LESSON 1:

#### Learning the rules is the only way to win.

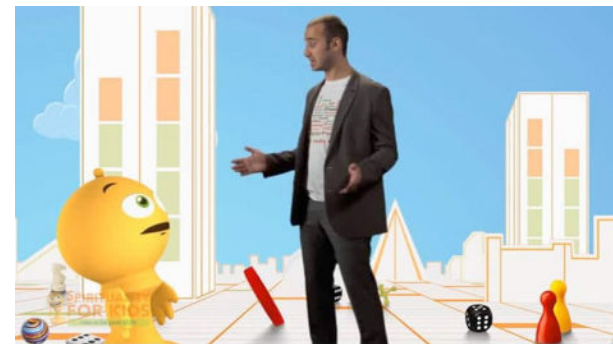
The first step to winning any game is knowing and understanding the rules. In this lesson children understand that there is a simple metaphor for how to approach tackling life and all its many challenges.



#### LESSON 2:

#### Understanding what drives deeper happiness.

All the things that bring our children (and us!) the greatest sense of fulfillment in life can't be measured or held – like love, friendship, and the feeling of really trying our best.



### LESSON 3:

#### Connecting to inner strength

The sun's warm rays are shining even behind dark clouds. Like the sun being present (actually and metaphorically) even when it cannot be seen, there is an infinite source of strength available for children to draw from – even when life is full of challenges. In SFK we call it the Light.



### LESSON 4:

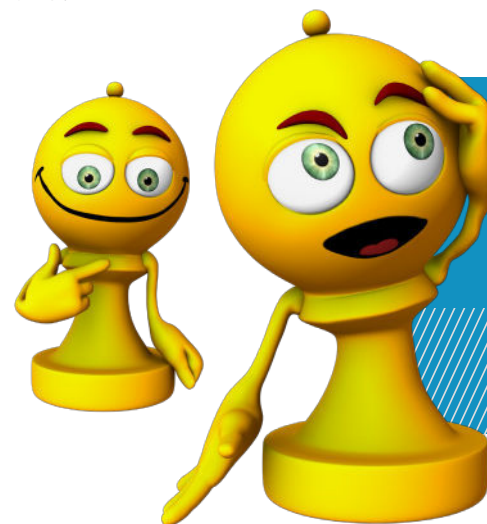
#### Revealing unique gifts

Whether just listening to a younger sibling tell a story or sharing a treat with a friend, everyone has goodness to share. At SFK we refer to this goodness as Light. We help children see the Light inside them and all the many special ways they can share it with the world.

### LESSON 5:

#### Seeing challenges as opportunities.

Imagine shooting goals in soccer with no goalie. There would be no challenge! No improvement. In this lesson, children learn to see their “opponents” as their allies in becoming their best self and build resilience in facing their opponent head-on.



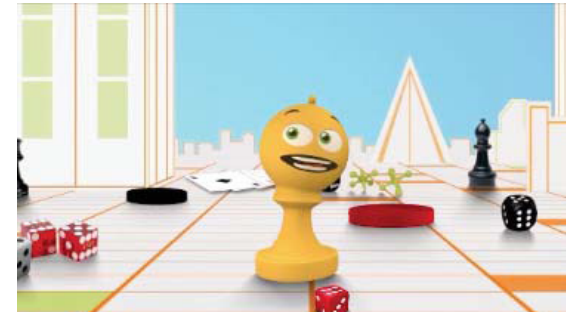
# PROGRAM CONTENT CONTINUED...

## THE COURSES

### LESSON 6:

#### Learning to make better choices

Children (and grown ups!) often misplace the lion's share of responsibility for their happiness on those around them: parents, siblings, friends, and teachers. In this lesson, they learn that the key to their happiness is in their own hands.



### LESSON 7:

#### Igniting a desire to do their best

It is infinitely better for your sense of self-worth to try your hardest and get a "C" than to cheat and get an "A". In this lesson, kids learn that a different and often deeper sense of fulfillment and confidence comes from making an effort, rather than taking the easy way out or giving up.

### LESSON 8:

#### Pausing before reacting and managing emotions

When our buttons get pushed or things don't go our way, an immediate reaction can erupt before we know what's happening! But SFK has a formula that remedies kids' habitual response patterns once and for all.



### LESSON 9:

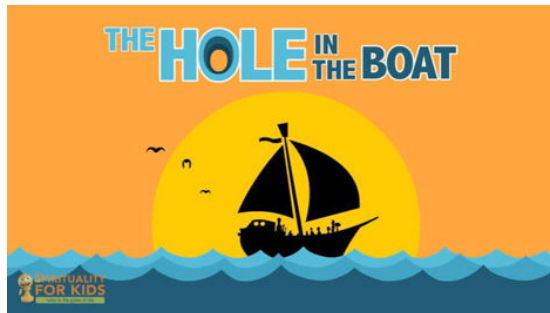
#### Sharing and cooperating feel great!

In this lesson, children learn that the wonderful feeling of making a friend smile by sharing a cookie is way more fulfilling than eating it alone. They also learn that sharing isn't just about physical things. You can share kindness, warmth, and strength as well.

### LESSON 10:

#### Learning the right way to share

True sharing means sharing from love, sharing to help, and sharing without expectations. In fact, sometimes true sharing means not giving something away, like saying "no" when asked to share answers on a test.



### LESSON 11:

#### Developing compassion for all

Like individual waves on the surface of a vast ocean, we are all made of the same stuff. We are all connected. Focusing on the similarities and the ties that bind us makes us all stronger.

### LESSON 12:

#### Growing greater self-worth and sense of purpose

Every child has the potential to be great! But too often, children look out at the big world and fail to see the consequential place they can take in it. In this lesson we help children really understand where they fit.

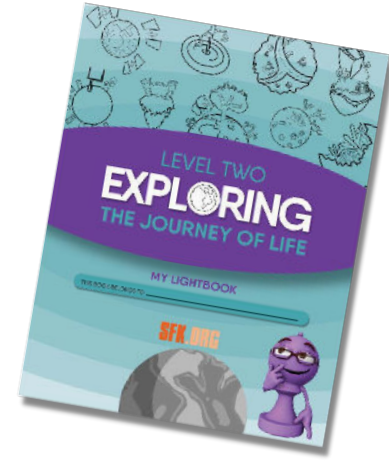


# PROGRAM CONTENT CONTINUED...

## THE COURSES

### Level 2: Exploring the Journey of Life™

Using the analogy of a journey with the help of a compass and a map, Level 2 takes children on a deeper exploration of the rules to the game of life.



#### LESSON 1: Setting Goals

If don't know where you are going, you are never going to get there! In this lesson children learn that they need to identify their goals in order to see the pathway to get there.



#### LESSON 2: Cause and Effect

In this lesson children learn that every single thing they think, say and do, causes a reaction. The example of planting seeds is used to illustrate that sometimes long periods of time pass before the effect is seen.



#### LESSON 3: Taking Responsibility

If you spot it you got it! The reflection fairy comes and teaches lessons about the perils of blaming others. She teaches "change it – don't blame it!"



#### LESSON 4: The Ripple Effect

We are all connected to everything and everyone. In this lesson kids learn that every movement creates waves the ripple out into the world, affecting everybody.





## LESSON 5:

### Color Your Days with Light

Children learn that sometimes we can share the smallest kindness and it ripples outward and paints our days (and others') with Light. Simply shifting to a positive perspective is a great choice that leads to fulfillment.



## LESSON 6: Judgment

Although judgment can come from an intuition which helps kids stay away from dangerous people and situations – it can also be harmful. Based off little info, we can make the wrong assumptions.

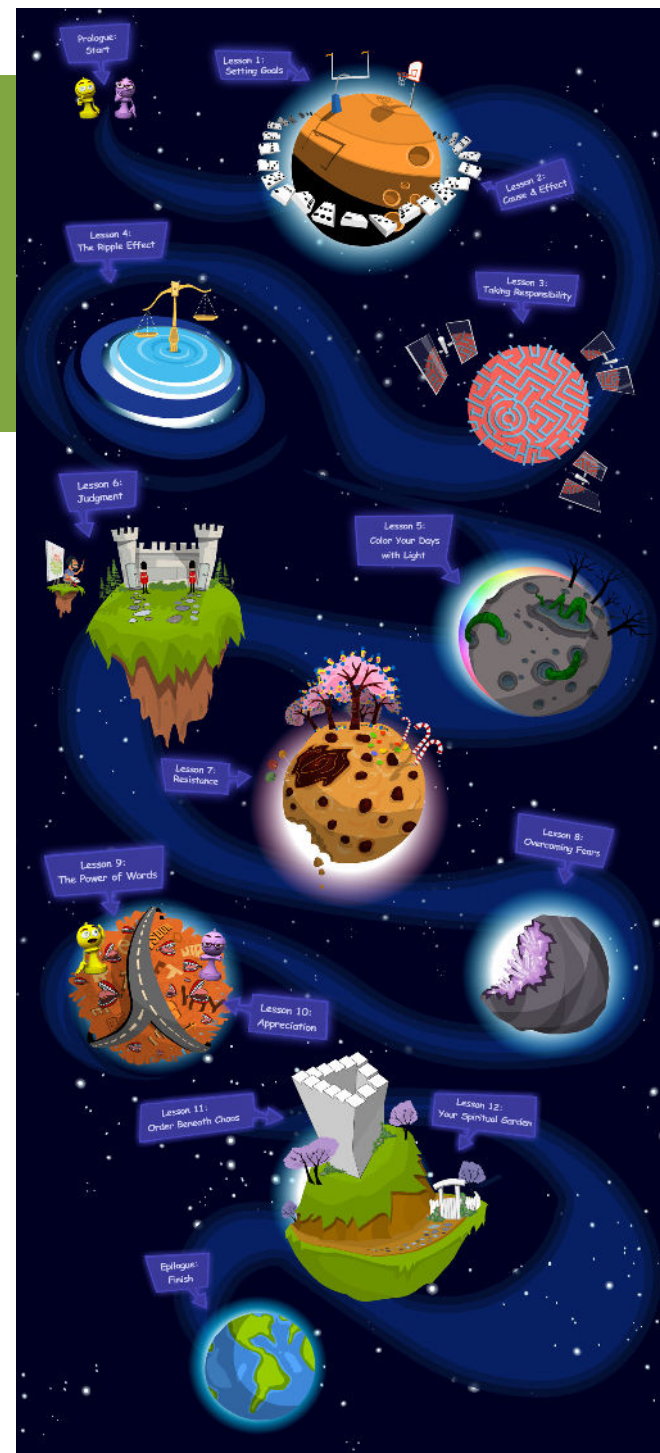
## LESSON 7: Resistance

Temptation can be really hard to bear, whether it is cookies, or the newest book in a series a child adores. This lesson teaches the value of balance!



## LESSON 8: Overcoming Fears

This lesson teaches children the importance of friends and asking for help in moments of struggle. It is tough to overcome fears, but the effort required always reveals more Light.



# PROGRAM CONTENT CONTINUED...



## LESSON 9:

### The Power of Words

This lesson helps children understand the impact of their words. Helpful words have an effect, as do hurtful words. Once they are out there you can't take them back!



## LESSON 10:

### Appreciation

In this lesson kids learn to focus on the unique and special parts of other people. Seeing and honoring other people's gifts helps them move closer to their goals and share their Light.

## LESSON 11:

### Order beneath Chaos

Even the hardest things in life – like losing a pet or even a parent – can hold incredible lessons. In this lesson kids are helped to identify the calm that follows the storm.



## LESSON 12:

### Your Spiritual Garden

Kids learn that while it is ok to feel bad when we've done something wrong, 'feeling bad' or guilty is counter-productive and has negative effects. It's important to not get stuck in guilt or shame.

**Winning in the Game of Life™** and **Exploring the Journey of Life™** are fun stepped programs that can be adapted to the needs and pace of the students. The teacher determines the amount of time needed for each lesson; either in a single session or extend over several sessions, depending on the time available. On average, each lesson can be taught anywhere between 45 to 70 minutes, depending on how many activities the teacher decides to include in a class.

- **The curriculum is designed to meet the needs of each student, and all the different learning styles.**
- **Each lesson employs a variety of learning approaches – including engaging videos, animations, games, art activities, journaling and more.**

**Each level consists of 12 lessons, a prologue and an epilogue, and generally consists of the following blocks:**



**WATCH THE VIDEO AND / OR ANIMATION**



**REFLECT THROUGH JOURNALING QUESTIONS**



**COMPLETE THE ACTIVITIES**



**REVIEW PICK UP POINTS, RULES, WORDS TO KNOW**



**DO THE ART PROJECTS**



**SUGGESTED FURTHER READING**

# VIDEOS AND ACTIVITIES

Video lessons are the centerpiece of the program. The videos take the role of the teacher, which allows the classroom teacher to become a facilitator, guiding the kids through the activities and encouraging self-reflection and deeper thinking. Through questions, the teacher allows the child to reach their own conclusions and apply the concepts to their lives.

Each video lesson is supported by a variety of fun activities, such as art projects, journaling, animation skills, games and recommended literature, which all reinforce what the child has learned and allows for a transition to occur from:



# BRINGING SFK TO YOUR SCHOOL OR ORGANIZATION

As an educational curriculum developer, we work with educators, schools and organizations to teach children lessons on living happier more fulfilled lives. Bringing SFK to your school/organization is very simple! Remember, the videos do the teaching, so the teacher is a mere facilitator.

## You will receive:

- 1 An online Teacher and Staff Training
- 2 Teacher Manual containing the lesson plans, guidelines and tips for teaching
- 3 Online access to all lesson videos and animations
- 4 Workbooks for each student
- 5 Optional Family Activities workbooks
- 6 Our support along the way – your success is our success!





# CONTACT US!

Would you like to discuss bringing the SFK Program to your school or organization? **Please contact us at [info@sfk.org](mailto:info@sfk.org) or (310) 464 0570.**

**Spirituality for Kids International Inc.**

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*thank you*

for considering SFK to help  
children win in the game of life!

