

EVERY CHILD DESERVES THIS.



AWARD-WINNING,
social-emotional
EDUCATION
PROGRAM

that improves children's outlook
and behavior measurably by the
end of the course.

SFK.ORG



the **SFK VISION**

Our mission is to help children develop resilience, self-awareness, compassion, and accountability, especially during times of struggle and self-doubts. We guide them to find the opportunity in the challenge and learn to listen to their inner guidance system to make better choices. Helping children to feel safe, more connected, and powerful is why we exist.



**WHEN CHILDREN THROUGHOUT
THE WORLD UNDERSTAND THAT
ALL HUMANBEINGS, 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

Through collaboration with like-minded organizations, thought leaders, children's content creators, and anyone who shares our vision, we strive to reach every child.

Over the past two decades, SFK has had the privilege to support children from all over the world across different socio-economic backgrounds, cultures, and races. Our sought-after and awarded programs illuminate the core skills in a fun, engaging, and meaningful ways for teachers, students, and parents.

We operate through a variety of channels online and in-person:

- Online classes for children and parents
- Online Certification Program for professionals
- In – person classes through our Outreach Program and partnerships with schools and organizations around the world
- Our content is translated into– Spanish, Arabic, Portuguese, Hebrew and French

Over 88,536 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).



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 how sharing their gifts with the world is important. 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



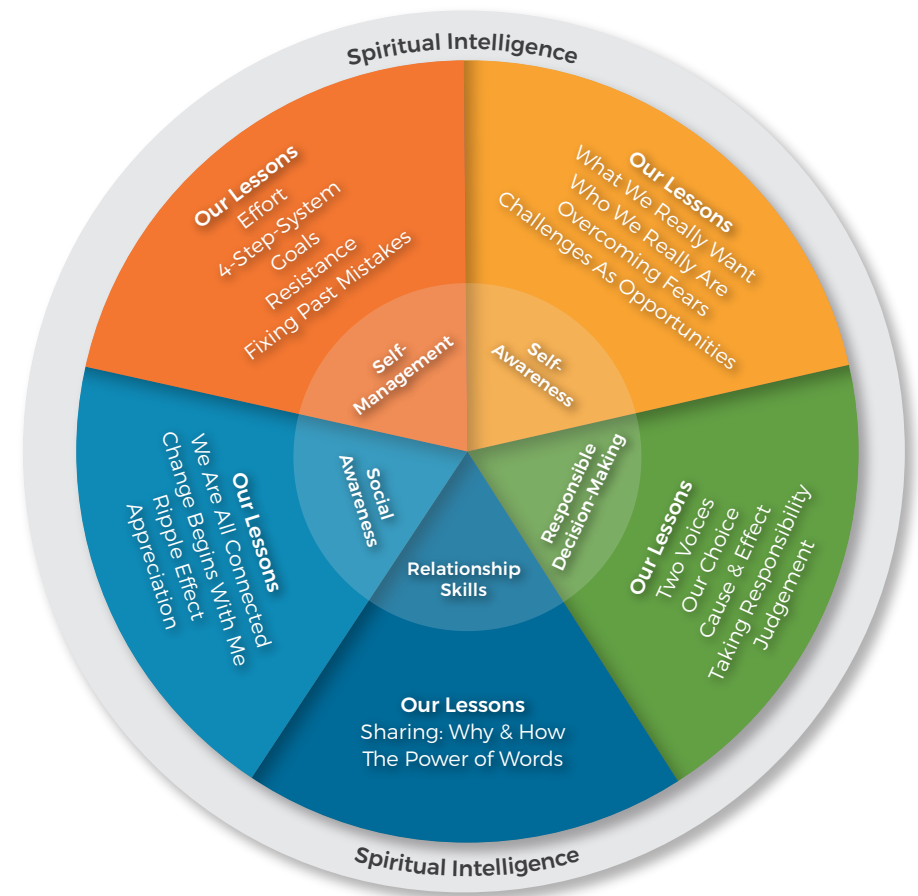
SFK UNIQUE APPROACH

The SFK curricula support children's social and emotional development and competencies – self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.

But our model takes it one step deeper by incorporating the development of **Spiritual Intelligence.**

Spiritual intelligence is a higher dimension of intelligence that activates the qualities and capabilities of the authentic self in the form of love, wisdom, and compassion while maintaining inner and outer peace, regardless of the situation—spiritual intelligence results in a sense of deeper meaning and purpose.

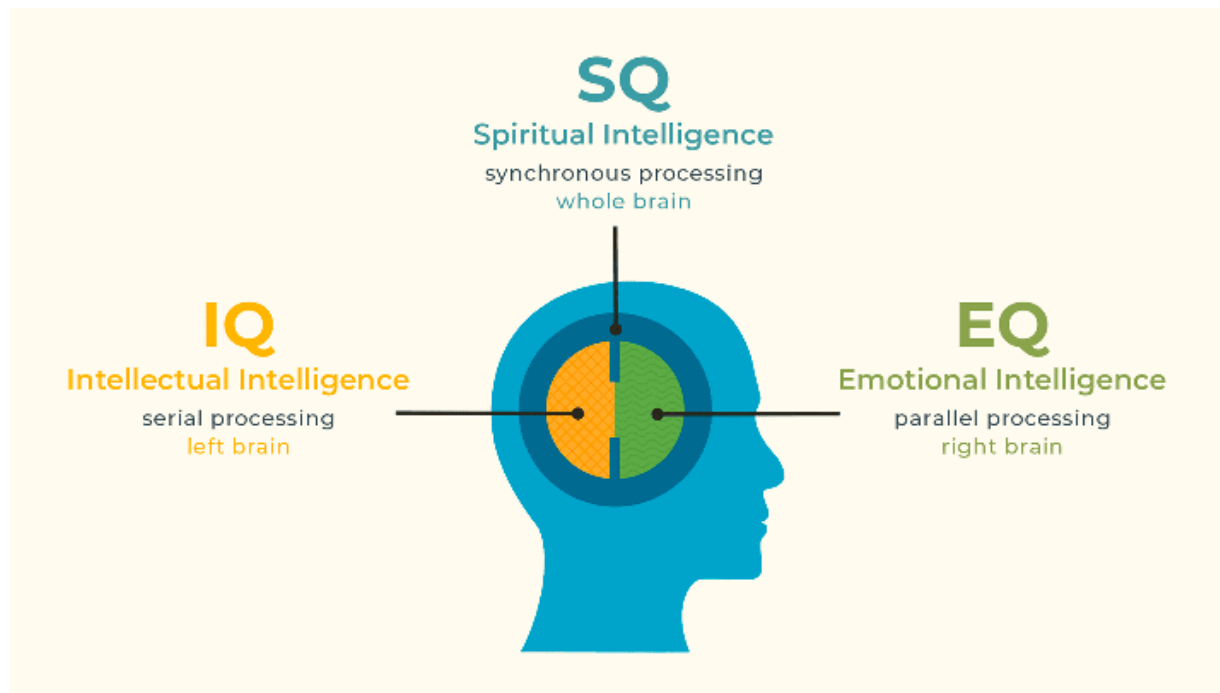
A SPIRITUAL, SOCIAL & EMOTIONAL LEARNING (SSEL) PROGRAM



SEL & SPIRITUAL INTELLIGENCE

What Do We Mean by Spirituality?

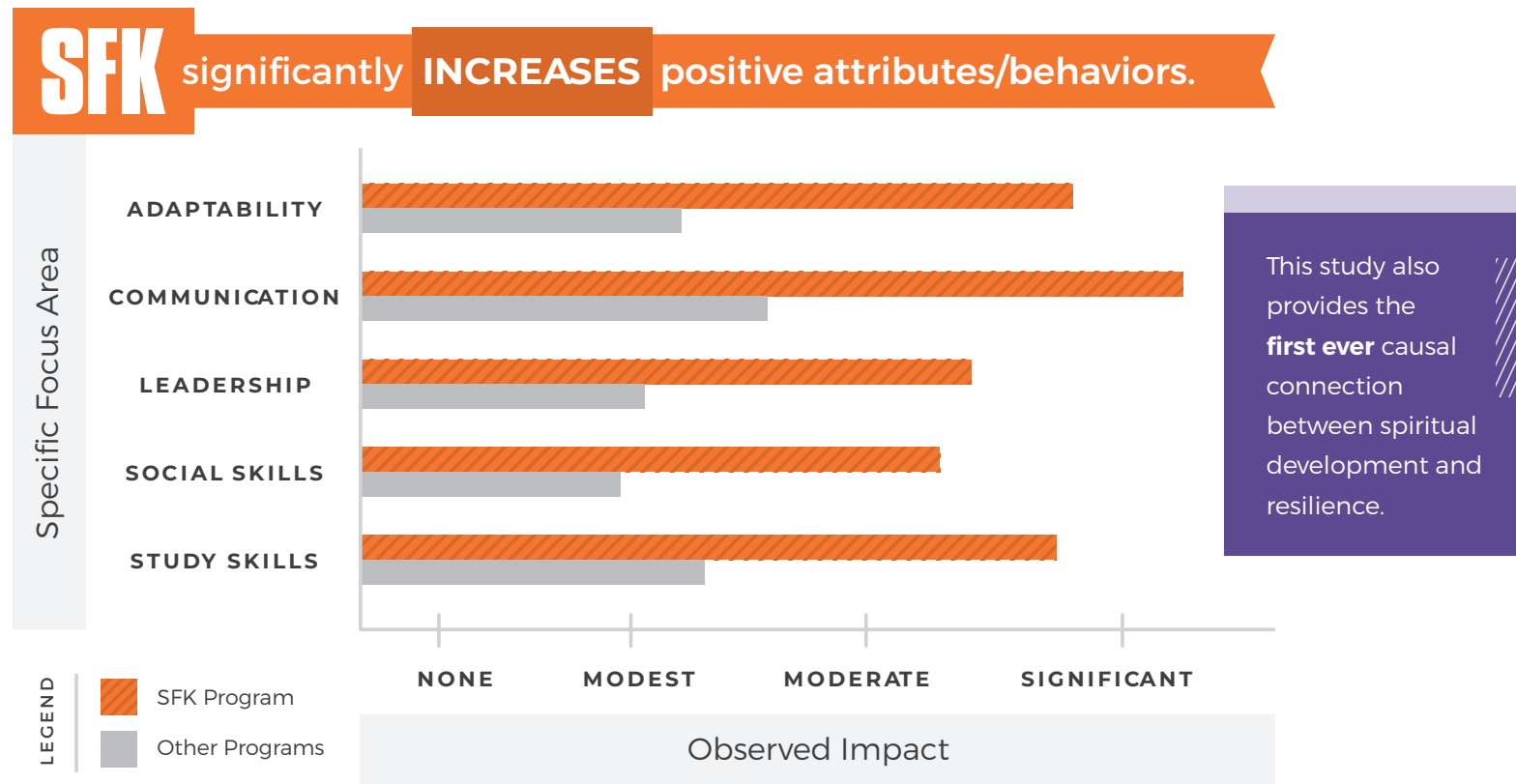
- Looking inward, being aware of myself and taking full responsibility for my own happiness and joy.
- Looking outward to foster positive connections with other individuals and with the greater community.
- Being aware of the interconnectedness between ourselves, others and the world.



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:

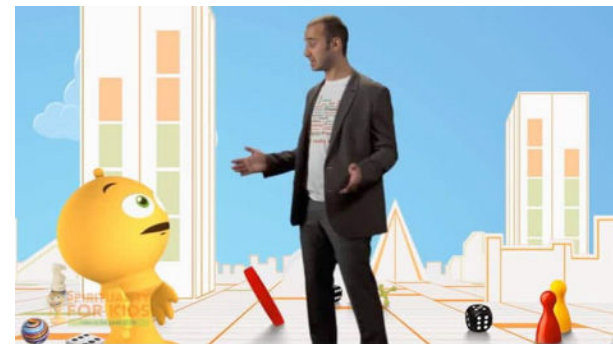
Life is like a game.

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:

Fulfillment.

Everything 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:

The Light.

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:

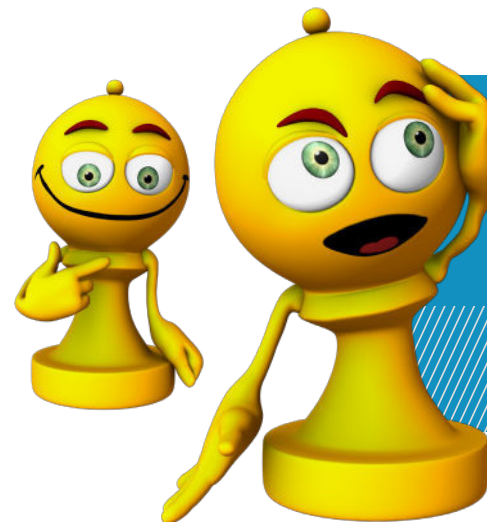
I am a key player in The Game of Life.

Everyone has goodness to share, whether just listening to a younger sibling tell a story or sharing a treat with a friend. 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:

My Opponent: 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 selves and build resilience in facing their opponent head-on.



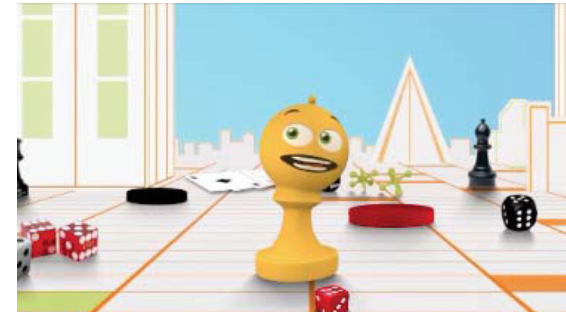
PROGRAM CONTENT CONTINUED...

THE COURSES

LESSON 6:

My 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:

Making an effort.

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:

The 4-Step Formula: 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:

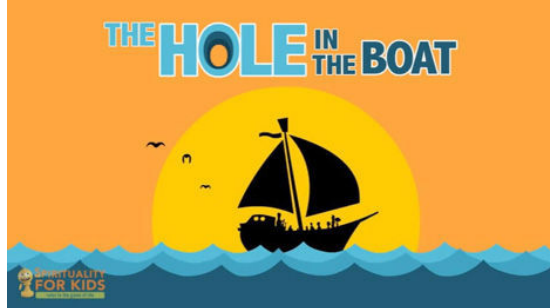
The power of sharing.

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:

How 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:

We are all connected.

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:

Change begins with me.

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 of the game of life.



LESSON 1: Setting Goals

If you don't know where you are going, it's hard to get anywhere! 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 that 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 on little info, we can make the wrong assumptions.

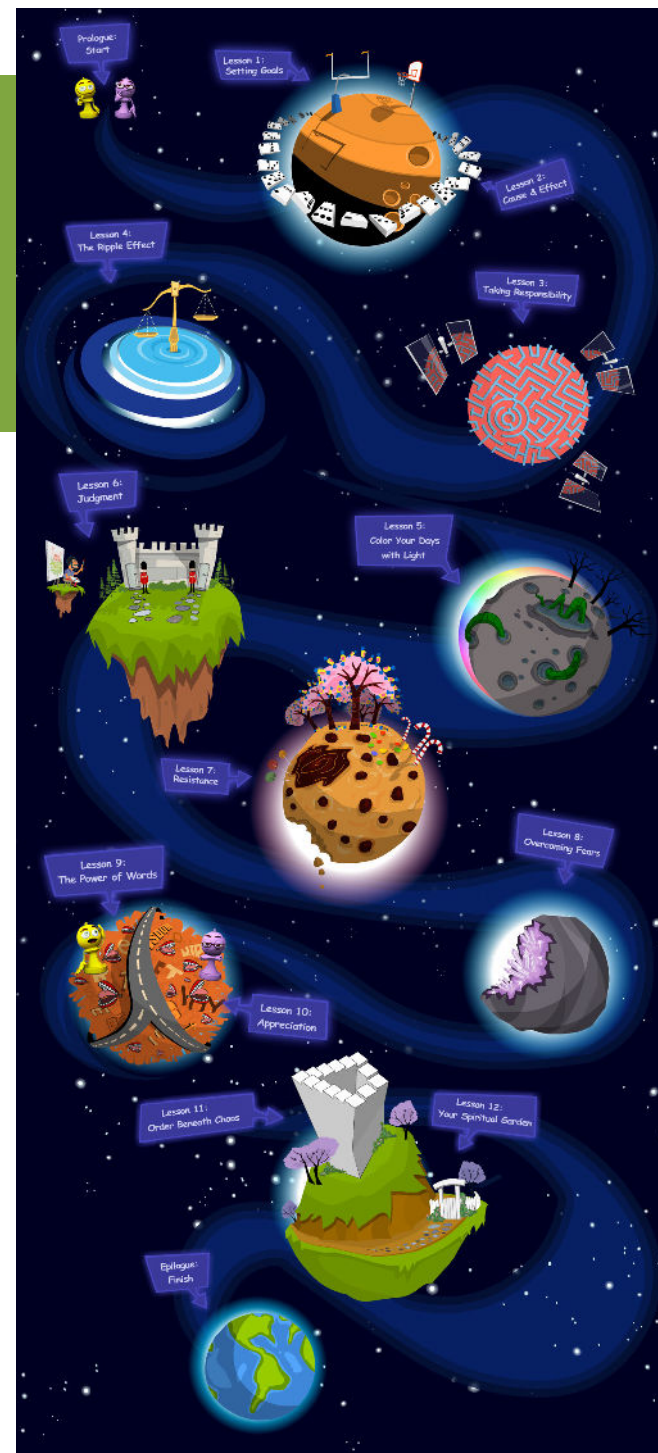
LESSON 7: Resistance

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 not to 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:

KNOWLEDGE

ATTITUDE

BEHAVIOR



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 or (310) 464 0570.**

Spirituality for Kids International Inc.

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We have been honored
with the
Top-Rated Awards of 2023
from GreatNonprofits!



We earned a
2023 Platinum
Seal of Transparency
by sharing the metrics
that matter most!



SFK has been evaluated
by Charity Navigator,
scoring 100 out of 100
in assessing its financial health
and its commitment to governance
practices and policies.





thank you

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

