

# LÍFSLEIKNI KENNSLUÁÆTLUN HAUSTÖNN 2022



KENNARI: JUAN CAMILO ROMAN ESTRADA

"RECEIVE THE CHILDREN IN REVERENCE, EDUCATE THEM IN LOVE, LET  
THEM GO FORTH IN FREEDOM" RUDOLF STEINER

**This programme of life skills education aims to develop self-consciousness and wholesome wellbeing in harmony with nature and school life. It aims to adapt to the needs and capacities of children in accordance with their age and natural development as human beings.**

**For more info:**

**[https://skemman.is/bitstream/1946/13104/2/Juan\\_Lokaritgerd\\_final.pdf](https://skemman.is/bitstream/1946/13104/2/Juan_Lokaritgerd_final.pdf)**

**<https://waldorf.is/wp-content/uploads/2019/06/L%C3%ADfsleikni-og-forvarnar%C3%A1%C3%A6tlun.pdf>**

**“Life skills education is not about instruction, but rather it consists of the conscious experience of discovering together human life as something meaningful, rich and worthy of living. It is about learning to take care of ourselves, getting to know who we are and what the meanings and purposes of our personal and unique life might be, as well as finding out the holistic guidelines or ways of living that could lead us towards a conscious lifestyle. We can think of ‘lifestyle’ as the organic articulation of knowledge and our adaptive responses to the environment, which find expression in habits and practical understanding through actions, thoughts, and feelings: the dynamic structure of the personal self.” (Juan Camilo, 2012)**

1-2 BEKK	<b>Finding ourselves in the others through play. Finding ourselves in Nature through wonder. Sensory integration.</b>
3-4 BEKK	<b>Finding ourselves in the others through play. Finding ourselves in Nature through wonder. Sensory integration.</b>
5 BEKK	<b>Finding the other in ourselves, discovering the more-than-human world.</b>
6-7 BEKK	<b>Ubuntu: I am because we are</b>
8-9 BEKK	<b>Sustainability, Interculturality and holistic wellbeing</b>
10 BEKK	<b>Sustainability, Interculturality and holistic wellbeing</b>