



# RE:CONNECTING TO THE TRUE TECHNOLOGY...YOU!

Prepared for:



*Sankofa Homeschool Community*

## FALL 2020

**Class Size: 8-20**

**Ages: 11 and up**

**Instructor: Wendi Cherry**



# ABOUT WENDI



**Certified Integrative Nutrition Health Coach  
and health and wellness instructor.**



**Author, producer and host of [The Sanctuary Radio Show](#), featured locally and internationally, and a contributing writer for the AARP Sisters Newsletter.**

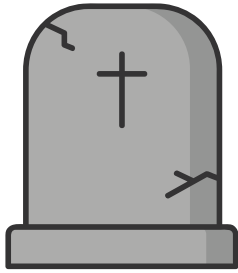


**I love my teen, #TheSydSyd, Golden Era hip hop, pizza, and educating, empowering, and inspiring black people to *unapologetically* transform into their most authentic and healthy selves by tapping into the God/dess within.**

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# WHY WELLNESS MATTERS

## FACTS



According to recent research, **Black people, regardless of class or income, are dying at a disproportionate rate than any other population in the U.S.**, mainly due to poor lifestyle choices, a lack of knowledge and finances. (Source)



**Students' levels of stress have been on the rise** with about one third reporting to have difficulties functioning and almost half experiencing feelings of overwhelming anxiety (Novotney, 2014).



The short-term effects of diets that lack basic nutrients, fruits and vegetables can result in decreased energy and focus and contribute to an unhealthy body weight and non-communicable diseases. **The first problems associated with heart disease start in the early twenties.** (Source)



**Practicing mindfulness can help** students live in the present moment and learn to accept their stressors without judgement (Siegel & Allison, 2016). (Source)



# INTENTION



- To 'remind' the students that the human body is the original technology.
- Tips to incorporate healthy choices to support optimal health at an early age and beyond.
- To become aware that the choices they make now will affect them as adults.

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# CLASS DESCRIPTION



## Week 1

The human body as the original 'technology'.

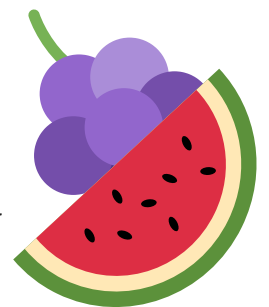
## Week 2

Re:connecting to your wild side (instinct, intuition, and intelligence) and the dangers of being too reliant on AI (artificial intelligence).



## Week 3

Learn how the human body processes food and the cycles of healing.



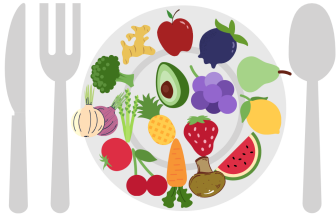
## Week 4

Discuss the importance of nutrition and how certain foods affects the body, the theory of bio-individuality.

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# CLASS DESCRIPTION



## Week 5

Learn the Primary and Secondary plate theory.

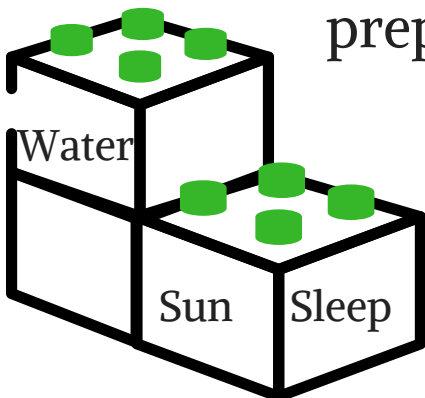
## Week 6

Understand the pros and cons of certain diets (i.e., keto, vegan, vegetarian) and basic food preparation.



## Week 7

The building blocks to a strong and resilient immune system and why it starts in our youth.



## Week 8

Discuss the importance and benefit of exercise, meditation, prayer, and journaling.



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# CLASS DESCRIPTION

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## Week 9



Virtually investigate marketing tactics in the supermarket. Learn how to read labels (organic, non-gmo, healthy) and how not be tricked by marketing tactics.

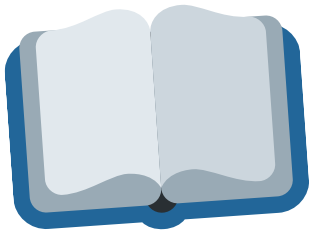
## Week 10

Final discussion, questions, and survey.





# STRUCTURE OF CONTENT



See below for a sample week lesson and homework

The digital handbook is the primary guide for this class; all assignments may be accessed through the **Educational Portal**. View sample of platform [HERE](#)

Sankofa sessions will be held and recorded via **ZOOM**.



Mama Wendi will provide additional supporting materials via the [Educational Portal](#) to motivate you on your journey.

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# PAST EDUCATIONAL EVENTS



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