

CURRICULUM OVERVIEW



Our HomeGrown curriculum uses 4 key pillars to assist you in nurturing your whole child. We want to help your child become their most resilient and inquisitive self. With over 25 years experience educating children at our brick and mortar school, we recognize the importance of nurturing and inspiring all aspects of the child. The 4 pillars below have been carefully created to do just that.



Health

Conscious and healthful living are fundamental to a child's wellbeing. That's why this pillar is full of activities that help your child make smart nutritional decisions, physical exercise commitments, self-love practices, and confidence boosting habits. This pillar is further broken down into the subcategories: Pursuing Personal Growth, The Power of Movement, Self-Reflecting Superheroes, and Cooking with Care & Healthy Habits.



Soul

We champion a sense of connectedness to the world around us. We understand that a deep appreciation of the awe-inspiring force of the natural world can lead to transformative experiences that feed the soul. Whether that's through connecting with nature or creative expression, it's a wonderful way to watch your child grow. This pillar is further broken down into the subcategories: Connecting to Nature, Creative Expression, and Mindfulness & Meditation.

Pursuing Personal Growth

- We help your child set and reach goals.
- We want them to see how they can take control of their own future and empower them to set and reach their own goal!

The Power of Movement

- Our bodies are incredible and powerful.
- With this subcategory, we get your child up and exploring how their bodies can move.

Self-Reflecting Superheroes

- Negative self-talk has no place in this program! With this pillar we want to flip the script and invite your child to think about what makes them super.

Cooking with Care & Healthy Habits

- All of our Family Night activities are focused on developing your child's knowledge and experience with food.
- We design these activities to build your child's life skills in the kitchen.

Connecting to Nature

- This pillar is all about getting your child outside!
- Young children learn so much through their senses, so we aim to help them identify these skills and learn from the world around them.

Creative Expression

- We will help you guide your child to focus on the process of creating inspiring art.
- It's important for us to remember we want our child to feel free to create joyfully, and not get caught up in perfection.

Mindfulness & Meditation

- An introduction for your child to connect to the concepts of mindfulness, meditation, and intention.
- This is also a great subcategory for parents to explore and practice their own mindfulness!

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Our HomeGrown pillars are at the core of our program and embody our everyday values. Our hope is that they continue to carry through to your children, family, and home as you continue on your HomeGrown journey!



Heart

Our Heart pillar supports your child's individuality, authenticity, social-emotional learning, and empathy. Here we present a big focus on emotional skills so your child can work on understanding their own and others' emotions. This pillar is further broken down into the subcategories: Fostering a Kind Heart, Cultivating Positive Relationships, Self-Regulation & Emotional Resilience, and Community Care & Social Justice.

Fostering a Kind Heart

- Kindness is an important foundation for the HomeGrown signature curriculum. In this subcategory, we help your child think about how best to nurture their kind heart.

Cultivating Positive Relationships

- Within this subcategory, we want to help your child develop their empathy skills in order to positively connect with their caregiver(s)/family/friend(s).

Self-Regulation & Emotional Resilience

- How do we learn to manage our own emotions?
- With these activities, we help your child name and identify their emotions and think about how they impact others.

Community Care & Social Justice

- We are all members of communities: our family, our neighbourhood, our school, and more.
- It's important to understand how we connect and help one another!



Mind

Our inquiry-based Mind pillar encourages children to find joy in learning. It challenges them to think differently about the world around them through exploration, language, arithmetic, and more. This pillar is further broken down into the subcategories: For the Love of Language, Exploring the World Around Us, Numeracy Adventures, and Entrepreneurship & Independence.

For the Love of Language

- This subcategory is full of activities that will increase your child's awareness of the English language.
- Includes, spelling, grammar, and self-expression skills.

Exploring the World Around Us

- Dr. Montessori wrote there is no learning without movement.
- This subcategory will encourage your child to think outside of the box in an authentic way!

Numeracy Adventures

- Focusing on numbers and your child's number sense, these activities are intended to aid in your child's understanding of simple facts, number sense, and number patterns.

Entrepreneurship & Independence

- These activities will encourage your child to work with different currencies and learn how to give back their community.