

Spirit Gate Farm

12 week Youth Empowerment Program
for schools and not for profit organizations



“By 3 methods, we
may learn Wisdom:

First, by Reflection,

Second, by Imitation,

Third, by
Experience.”

- Strength based teaching in a safe and supportive environment that engages youth in meaningful learning and insightful self discovery.
- Playful learning experiences are: fun, rewarding, includes moments of challenge and frustration balanced with support, success, and joy of achievement.
- Our program emphasizes social and emotional intelligence through activities that support the development of: listening, attention, self regulation, reasoning, creative problem solving, social interaction, planning, multiple senses, cooperation, connection.
- We emphasis that the process is more important than the outcome.
- We focus on life skills such as: clear communication, healthy attachments and boundaries, decision making, understanding body language, listening to messages in their own body.



12 Week Curriculum

Week One: The journey begins - safety rules and expectations

Week Two: Building Respect, Relationships, Responsibility, Trust

Week Three: Building a sense of Community

Week Four: Clear and Effective Communication

Week Five: Self Regulation, Paying Attention to subtleties, Active Listening

Week Six: Nurturing Healthy Attachments

Week Seven: Developing Healthy Boundaries

Week Eight: Practicing Empathy and Kindness

Week Nine: Cooperation and Team Building

Week Ten: Creative thinking and Problem Solving

Week Eleven: Integral Leadership

Week Twelve: The joy of Success and Graduation

