

Our approach

Each Child is Unique: Educational activities that are proposed must respect the child's pace of development, its needs and its fields of interest. Each child will address these activities in function of his personality, of his interests... In order to nurture the child's physical well-being, our program uses food, gardening, yoga, and other forms of physical exercises such as dance, playtime in the gymnasium and the yard, walks to park and physical education to encourage balance and health. Mental well-being has an impact on the health, wellness, energy, peace and happiness of a child.

Through scientific research, Dr. Elizabeth Blackburn and her team of scientists received the 2009 Nobel Science Award for having discovered the relationship between a tranquil, peaceful state and cellular development. Her discovery has led to research studies relating daily meditation to cellular health and development. Emotional and spiritual well-being can be nurtured using many, different tools such as listening to nature sounds, and bringing awareness during moments of relaxation and silence. A child's day is comprised of lots of activity, noise, individual thoughts and constant images which can sometimes overstimulate their minds and their 5 senses and can at times overwhelm a child. This is especially true with children who deal with overactive thoughts and emotions. At times children may find it difficult to express their emotions easily. The age of a child plays a role in the form of communication that he or she is able to use.

