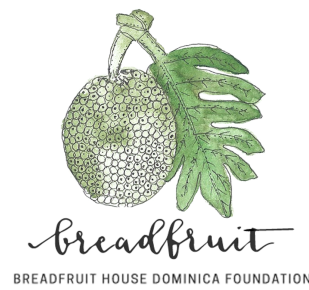


Breadfruit House Dominica Foundation

6 James Lane
Goodwill, Dominica
(+1)767 295 6924
<https://breadfruihouseDominica.com/>



“ Oliver and His Big bowl of Feelings” **Empowering Online Program for Children in challenging situations** (e.g., a pandemic, lockdown, hurricane)

Program



Goal: To support and empower children in challenging situations in a fun, creative, and empowering way.

Vision BFH: We inspire children to become empowered adults through creativity

Practical information: 10-week online program for students (6 –12 years) - audio instructions included. About 1,5 hours per week. Access to laptop/mobile/internet needed. A physical alternative is optional.

Description

We developed this 10-week empowering online program for children in challenging situations (e.g., pandemic, lockdown, the aftermath of a natural disaster) without (access to) support from school or teachers. It is geared towards children in primary schools (6-12).

The program includes reading, creative writing, crafting, and breathing/relaxing exercises to help them explore/address/process their emotions in an age-appropriate, light, and creative way.

The program is developed so that all students can follow it by themselves without help. We included audio instructions for the youngest students and students who have difficulty reading.

Information

This Program is developed and offered to you by the [Breadfruit House Dominica Foundation](https://breadfruihouseDominica.com/).
Email Ms.Marieke@breadfruihouseDominica.com