

# Eudaimonia Kids

## *Big Questions for Brave Minds*

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✉ hello@eudaimoniakids.ca | 🌐 eudaimoniakids.ca

### **Dear Parents and Caregivers,**

Welcome to **Eudaimonia Kids**! We're so excited to have your child join us for a journey into big ideas, brave thinking, and beautiful questions.

At Eudaimonia Kids, we believe children are natural philosophers. They wonder about fairness, friendship, truth, time, and what it means to be a good person—often in ways adults have forgotten to. This program was created to celebrate that spark.

Through storytelling, dialogue, creativity, and reflection, your child will explore questions that don't always have one right answer—and learn to see thinking itself as an adventure.

We are Mental Health & Addiction students at Humber Polytechnic with a deep passion for child development, emotional well-being, and inclusive learning. We also welcome and encourage parents to stay and participate during sessions.

*Thank you for giving your child the space to ask big questions and be heard.*

*With gratitude,*

**Garnet Lyndon**

*Facilitator, Eudaimonia Kids*

## **What We're All About**

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**Eudaimonia** (yoo-day-moh-nee-uh) means "human flourishing" – helping your child develop not just happiness, but wisdom, purpose, and fulfillment.

Eudaimonia Kids creates thoughtfully crafted stories that help children explore life's big questions through Philosophy for Children (P4C). Our books transform everyday "why?" moments into opportunities for meaningful connection and growth.

## **The Challenge vs. The Solution**

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### **The Challenge**

- Kids struggle to express complex emotions
- Screen time replaces meaningful conversations
- Parents want deeper connections but don't know where to start
- Traditional books entertain but don't encourage reflection

### **The Solution**

- Stories that naturally lead to thoughtful discussions
- Questions that help kids explore their inner world
- Tools for parents to guide philosophical conversations
- Books that grow with your child's curiosity

## What Your Child Will Gain

### **Critical Thinking Skills**

Learning to ask questions, reason through ideas, and think independently

### **Emotional Intelligence**

Understanding and expressing feelings in healthy ways

### **Empathy & Perspective**

Seeing the world through different eyes and developing compassion

### **Confidence to Wonder**

Embracing curiosity and exploring ideas without fear of being "wrong"

## Start with Our FREE 4-Week Program!

We invite all families to begin their journey with our complimentary introductory program. No strings attached – just four weeks of philosophical fun to see if it's right for your child.

## 4-Week FREE Program Overview

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### 1 Thinking for Yourself

Inspired by Michel de Montaigne

*Story: Nico and the Book of Wonder*

A curious fox discovers that asking questions is more valuable than having all the answers.

**Key Learning:** It's okay not to know everything; curiosity is the beginning of wisdom.

**Activity:** Create a personal "Book of Wonder" for ongoing questions

### 2 Connection & Solitude

Inspired by Aristotle and existentialists

*Story: Nico and the Sandbar*

Island animals discover that both alone-time and connection matter.

**Key Learning:** Understanding the difference between being alone and feeling lonely.

**Activity:** Create a "Connection Map" showing their support network

### 3 Listening with Compassion

Inspired by R.D. Laing

*Story: The Boy with the Umbrella on Sunny Days*

A class learns to understand someone who experiences the world differently.

**Key Learning:** "Different" isn't wrong; deep listening creates understanding.

**Activity:** "The Other Side of the Umbrella" reflection exercise

## 4 Finding Joy in Simplicity

Inspired by Epicurus

*Story: The Picnic on Pebble Hill*

Friends discover that simple pleasures bring the deepest happiness.

**Key Learning:** Distinguishing wants from needs; finding contentment in what we have.

**Activity:** Create a "Happiness Basket" of simple joys

**Each 1- 1.5 hour(s) session includes:** Story time, guided discussion, hands-on activity, and introduction to a philosopher's ideas in child-friendly language. All materials provided!

## Program Guidelines

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### Code of Conduct

We encourage all children to:

- **Be kind:** Respect others' feelings, ideas, and differences
- **Be curious:** Ask questions, share thoughts, and listen to others with an open mind
- **Be safe:** Follow instructions, use materials properly, and move calmly through the space
- **Be themselves:** There is no pressure to be perfect—just present and thoughtful

### What to Bring

- A filled water bottle
- Comfortable clothes for sitting on the floor or light outdoor activity
- Their Book of Wonder (we provide this in Week 1)
- Optional: small pencil case with coloring supplies or a special object for sharing

### Health & Safety

- If your child has a fever, persistent cough, vomiting, or any contagious illness, please keep them home
- Please arrive 5–10 minutes before the start of each session
- Contact us at [hello@eudaimoniakids.ca](mailto:hello@eudaimoniakids.ca) if your child will be absent or late

# Registration & Consent Form

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## Child Information

Child's Name:

Date of Birth:

Grade/Age:

## Parent/Guardian Information

Your Name:

Relationship to Child:

Phone Number:

Email Address:

## Consent & Permissions

- I give permission for my child to participate in Eudaimonia Kids philosophy discussions and activities
- I consent to photographs of my child being taken during activities
- I consent to receive program updates and newsletters via email

## Program Selection

- FREE 4-Week Introductory Program** - Getting Started with Philosophy (No cost)

## Child's Interests

Help us personalize the experience! What does your child love to explore?

- Animals & Nature
- Friendship & Feelings
- Adventure & Imagination
- Science & Discovery
- Art & Creativity

Other:

## Schedule Preferences (when are you available? Weekends or weekdays after 6 p.m)

First Choice:

Second Choice:

## Special Considerations

Please note any allergies, medical conditions, or special considerations we should be aware of:

## How did you hear about us?

- Website
- Social Media
- Friend/Family
- School

Other:

## Agreement

I understand that:

- Participation is voluntary and my child can opt out at any time
- The program encourages open discussion in a safe, respectful environment
- My personal information will be kept confidential and secure
- I can withdraw consent at any time by contacting Eudaimonia Kids

Parent/Guardian Signature:

Date:

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## Connect With Us

[hello@eudaimoniakids.ca](mailto:hello@eudaimoniakids.ca) | [eudaimoniakids.ca](https://www.eudaimoniakids.ca)

*"The important thing is not to stop questioning." - Albert Einstein*

**Thank you for choosing to nurture your child's inner philosopher!**