

Philosophy Yama & Niyama

The educational philosophy of Leikskólinn Sælukot recognises the importance of learning respect and love for all. It is called Neo-Humanism. Neo-Humanism expands the underlying spirit of humanism, which is love for fellow beings to encompass love of all the creation as well as a realisation of the interconnectedness of all aspects within it.

One of the goals of Leikskólinn Sælukot is to develop this feeling of interconnectedness and to nurture a sentiment of love and respect for the environment and everything in it. This is accomplished through the application of the principles of Neo-Humanism in the classroom.

Broad Goals

Universal Love

- For the children to show concern for other's distress.
- For the children to show pleasure for other's happiness.
- For the children to show respect to other cultures and relationships with people, animals, plants as well as inanimate objects.
- For the children to be continually aware of their own self worth and culture.

Non-harming

- For the children to show remorse after harming another.
- For the children to practice conflict resolution through discussion.
- For the children to learn to develop acceptable ways to outlet anger and frustration.
- For the children to try and stop another from harming plants or animals.

Benevolent Truthfulness

- For the children to give answers without fear.
- For the children to negotiate appropriate limits for the room at the beginning of the year in collaboration with the teachers and to take responsibility and ownership of the limits.

Simple Living

- For the children to share with others.
- For the children to wait a turn without a fuss.
- For the children to use language to communicate effectively.
- For the children to become competent in management of their bodies through acquiring basic physical skills, both gross motor and fine motor.
- For the children to become literate individuals who gain satisfaction as well as information for their interaction and play.

Cleanliness

- For the children to gain knowledge about the care of their bodies and maintain a desirable level of health and fitness, and exploring yoga exercises and meditation.
- For the children to explore vegetarian diet.
- For the children to wash hands, blow their nose and toilet themselves unaided.
- For the children to extend their self-help skills and independence.

Contentment

- For the children to take part in decision making process.
- For the children to work in small and large groups, learning to co-operate, to contribute, and to compromise in order to achieve the goal.
- For the children to explore their learning environment to further develop intellectually through play.
- For the children to develop creatively in all facets of their development without adult's direction or interference.