

Since development, intellectual and emotional, respect for others, and the environment are the main pillars of our teaching, we have incorporated them into themes that run like common threads through our school year and our teaching methods.

These themes are incorporated into the kids' daily lives through projects, books, counting, writing, singing, etc.

**Ég sjálf/ur /Myself**



**Fjölskyldan mín/my family**



**Þema- Fólkið í kringum mig og vinnan þeirra/The people around me and their work**



**Fólk alls staðar að úr heiminum /People from all over the world**



**Kærleikur og Guð/ Love and God**



**Himingeimurinn the Universe**



**Loft/ Air**



**Eldur og stjörnur/ Fire and stars**



Jólaundirbúningur/ Christmas preparations



Vatn/ water



Steinar, klettar og fjöll/ Rocks, cliffs and mountains



Skriðdýr/ reptiles



Dýr í sjónum/ sea creature



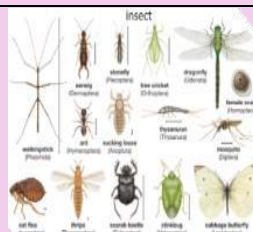
Húsdýr/ pet animals



Fuglar og páskaundirbúningur/ Birds and Easter preparations



Skordýr/ insect



Plöntur, blóm og tré/ Plants, flowers and tree



## Umhverfispemað/ environmental theme



**Yama**

**Niyam**

**Yama and Niyama are two ethical principles or moral guidelines outlined in ancient Yoga.**

**Yama:** Yama refers to a set of ethical restraints or moral observances that guide individuals

- Nonviolence, or non-harming, emphasises practising compassion and refraining from causing harm to oneself or others, both physically and emotionally.
- Truthfulness—It involves being honest and sincere and speaking the truth in a kind and beneficial manner.
- Non-stealing—This principle emphasises not taking what is not freely given and respecting the property and belongings of others.
- Moderation or conservation of energy -- It encourages the wise and balanced use of one's energy.
- Non-possessiveness or non-greed: This involves letting go of excessive desires and attachments, practising contentment, and sharing resources with others.

**Niyama:** Niyama refers to personal observances or self-discipline that focus on inner purification and self-improvement

- Purity or cleanliness involves maintaining cleanliness and purity in the external environment and one's thoughts, emotions, and actions.
- Contentment is finding inner satisfaction and being grateful for what one has rather than constantly seeking external sources of happiness.
- Self-discipline or austerity refers to the practice of self-control, perseverance, and cultivating inner strength and determination.
- Self-study or self-reflection. It involves the study and contemplation of spiritual texts, as well as self-reflection and self-awareness to foster personal growth.
- Surrender to a higher power or devotion. It is the practice of offering one's actions and efforts to a higher purpose.

Yama and Niyama serve as ethical guidelines for individuals seeking a balanced and mindful approach to life. They provide a moral framework for yoga practitioners to cultivate virtues, develop self-awareness, and live harmoniously with themselves and others.

## Yama & Niyam Song (Elskandi Sannleika)

*Við skóðum ekki á neinn veg  
Tölum mál hins elskandi sannleika Tökum  
ekki það sem ekki er okkar Vitum að einfalt  
líf er gott.*

*Við skulum elska birtu Guðs í öllu  
Öllu því sem andar vex og syngur  
Nettu og hreinú, að innan sem utan Vera sátt  
við allt sem við eigum.*

*Við þjónum öllum verum ef við megum  
Lesum góðar bækur sérhvern dag  
Innra með okkur skín skært ljós í  
hugleiðslu þekkjum við Guð.*

*I won't harm in any way  
I'll tell the loving truth in what I say  
I will not take what is not mine  
And know that a simple life is fine*

*I'll love God shining in all things  
In all that breaths grows and sings  
Neat and clean, inside and out  
Contented with all that I've got*

*I will serve all beings whenever I may  
And I study good books every day  
And deep inside me, shining bright  
In deep meditation, I'll know God's light!*



Humanistic education teaches a wide variety of skills which are needed to function in today's world—basic skills such as reading, writing and computation.