



I'm the answer!



Intro

At CEPIA we believe that children are a priority and teaching them about mindfulness, consciousness, sustainability and health will secure them a better future and protect our planet!

This proposal responds to the fact that we consider that the efforts being carried out to slow down global warming are insufficient, unless each human changes his relationship to the earth and assumes his personal responsibility in the climate crisis. This personal and collective transformation can only occur through a permanent educational process, as universal as possible, that begins from the first years of life and includes spaces for the transmission of information, reflection, change of attitudes, clarification of values and psychophysical training, as proposed by the project.



Project description

The program I AM THE ANSWER, created by Foundation Gaia and guided by CEPIA, focusses on a conscious, healthy and sustainable life, in harmony with Nature. It is an education program for peace, sustainability, well-being and human rights, declared of Educational Interest by the Ministry of Public Education of Costa Rica

This method inevitably leads to self-knowledge and transformation processes in which people learn to become who they want to be and to build the life they yearn for in harmony with the planet. In addition to the impact relative to caring for the Earth, Gaia Yoga generates the scientifically proven benefits of yoga and meditation. According to scientific research published by the Harvard University School of Medicine, as well as by Science Magazine, among the main benefits of yoga and meditation for girls, are the following:

- Improves physical condition and decreases states of anxiety, stress, post-traumatic symptoms and depression.
- Improves social and emotional skills, including emotion regulation, behavior at school, and developing empathy.
- Improves attention and executive functions.
- Improves self-esteem, empowerment and self-discipline.
- Improves the creation of healthy habits.

A total of 20 workshops and video materials were provided in November 2020 as a pilot project with 21 children age 6-9 here in Guanacaste, implementing the methodology I AM THE ANSWER We were amazed by the results and by the eagerness of the children to participate and learn!

The full program I AM THE ANSWER consists of 30 workshops and videos (approximately 30 weeks). See a virtual example: <https://youtu.be/36u7wjllXYc>

Before the program starts, meetings are organized with school principals and parents to inform and get support. At the end of the program and evaluation of children and teachers is being conducted to study the impact of the program. A field trip to a large community garden is organized to show children a concrete example of regenerative agriculture. The teachers of the program identify children with personal challenges, who can then receive free psychological, legal and social counseling at CEPIA's community center.

Impact

The goal is to offer 30 workshops to **200 children** age 6-8 (grades 1 and 2), during 9 months in 2021-2022 and measure the impact. Each workshop last weekly for 1,5 hour.



Financials

<i>Item</i>	<i>Description</i>	<i>Unit cost</i>	<i>Quantity</i>	<i>Total in USD</i>
Training of teachers	8-day training of 4 teachers by Fundación Gaia	\$1,125.00	2	\$ 4,500.00
teachers	2 monthly part time salaries	\$1,400.00	9	\$ 12,600.00
Fundación Gaia	weekly support and monthly quality control	\$ 300.00	9	\$ 2,700.00
Educational supplies	Art and work supplies for 200 kids for 9 months	\$ 10.00	200	\$ 2,000.00
phone costs	coordinacion and follow up	\$ 50.00	9	\$ 450.00
gasoline	travels to schools	\$ 100.00	9	\$ 900.00
unforeseen expenses				\$ 300.00
total				\$ 23,450.00

More about

CEPIA (Culture, Education and Psychology for Infants and Adolescents) is a nationally accredited non-profit organization, located in Guanacaste. Since 2005, CEPIA 's mission is to promote cultural development, educational and labor opportunities, physical and mental health, social cohesion and participation of children, teenagers and their families from poor backgrounds in Costa Rica to improve their quality of life.

Currently, CEPIA supports about 1200 kids and over 500 adults yearly through comprehensive programs. CEPIA received the French-German Prize of Human Rights 2012 in Costa Rica. Our founder Laetitia Deweer is a Fellow of the Central American Leadership Initiative (CALI) of the

Aspen Institute (CO, USA). In August 2014, CEPIA built the Integrated Community Center, a model for community development, human progress and economic development.

Quality control and measurement of impact of each program and the corresponding financial transparency are very important to us. Year financial ad work reports are available on our website:

<https://cepiacostarica.org/reports>

 CEPIA Costa Rica

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More about FUNDACION

Gaia is a non-profit organization, founded in 1989 by Javier Francisco Ortiz, aimed at carrying out social, research, educational and productive projects on the environment and climate change.

Its five programs of Planet Earth Project promote the signing and fulfillment of the Mother Earth Peace and Welfare Agreement, and provide education in sustainability, comprehensive welfare and corporate social responsibility for the fulfillment of the Paris Agreement and the UN Sustainable Development Goals.

Its objective is to promote the realization of all kinds of activities that have as their purpose the protection of the ecosystem and the realization of any other activities that favor the common good.

Mission: Provide education for sustainability, comprehensive well-being and corporate social responsibility in harmony with Nature, for compliance with the Paris Agreement and the Sustainable Development Goals.



