

## Sport, Screens and Shopping: A Sound Training for Adolescence?

**TALK: 90 minutes** 

WORKSHOP: 1/2 or 1 day

## **Excerpt:**

"It is possible to reconnect children with what is a kind of moral or spiritual education. Children will allow experiences of challenge, of nature, of personal joy and achievement to break through a lot of the clutter and noise which often fills their days. It is not possible to recapture a lost childhood however. We need to be far more careful about what we allow to distract them from a healthy life-style, not only because it takes up time which would be better spent otherwise, but because as children become more and more materialistic they are shut off from connecting to those deeper parts of our cultural heritage which gives meaning and understanding as one grows older and wiser.

The experience needs to fit the age. The activity needs to match the child's needs not the adults'. The foundations for connection and pattern need to be firmly set. We need to aim at enabling children to develop the humanity, the character, the so called soft skills which, thank goodness the economic world is now beginning to see it needs in its new leaders. All this has to be done with genuine enthusiasm. It is the only attitude that will work."



This is a wide-ranging subject likely to cover these important areas:

Soft Skills Childhood Commercialisation

Character Building Tweenagers

Teachers Anti-Adultism

Why Does Attitude Matter? Being 'Cool'

Basic Symbol for our Time Materialism

Adolescence Sexualisation of Girls

Problems & Challenges Disorders

Early Learning Character

Screens Symbols & Story

Obesity Nature

Sport The Journey