

Systemic Connection

Highlights the power of different age groups working together to improve their executive functions

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A Community-Centric Initiative
Children & Elders

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Agenda

Systemic Connection — A Community-Centric Initiative

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Connecting The Past To Empower Our Future

Passing on my Family multigenerational lessons is my contribution

Creating an Inclusive Space

With intentional play-based therapy sessions learning about our roots and honoring our life purpose and integrity

Healthy Communications

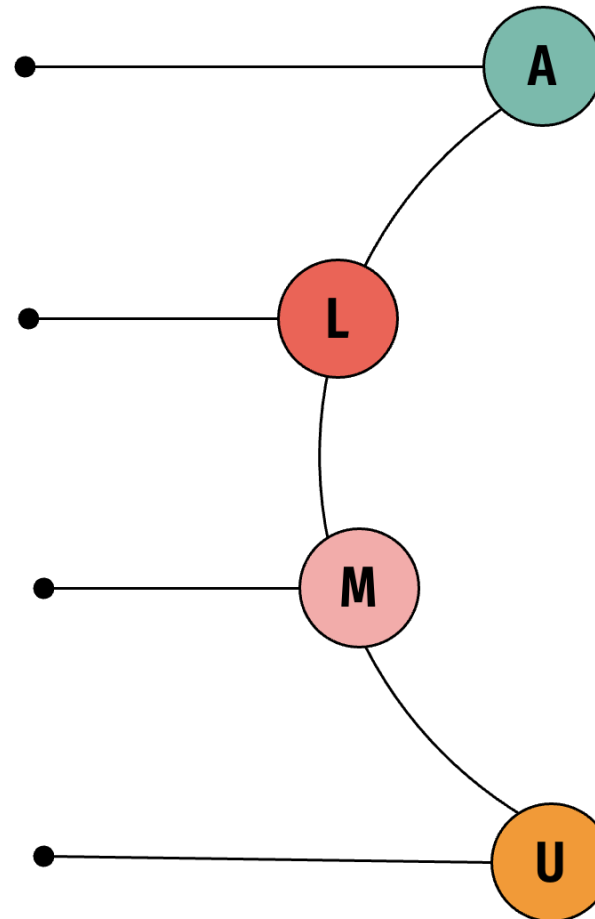
Encouraging dialogue without judgement, shame or interruptions to discuss values, manners, and social etiquette

Practicing Executive Functions

Guiding participants in a discovery journey to manage intergenerational patterns, habits, coping mechanisms inculcating a growth mindset

Practicing A New Language

Spanish language immersion through experimental and play base exercises



Systemic Connection Is Focused On

Intergenerational awareness to adjust what we think and do in response



Enhancing Language Skills

Developing healthy communication habits, journaling and practicing positive discipline



Cultivating Cognitive Abilities

Such as focus, planning, and self-regulation, allowing individuals to better manage information flow, and inhibit distractions



Fostering Empathy

By exploring the roles and perspectives of others within the system, and transforming conflicts into growth opportunities



Improving problem-Solving Skills

By teaching how to manage our thoughts, emotions, and behaviors with curiosity during the problem-solving process



Enhance Social Skills

Identifying the underlying patterns and connections that influence behaviors and relationships



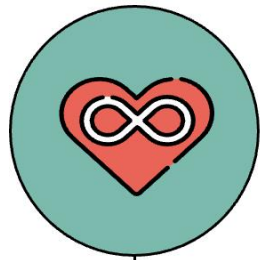
Creating Shared Experiences

While fostering a deeper understanding of the dynamics within groups, teams, or families



Examples Of Classes

Activities designed to foster collaboration, improve cognitive flexibility, working memory, and self-regulation, while also strengthening social bonds



Snack Time

Activities related to food like manners on the table, and healthy eating



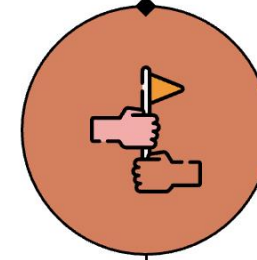
Movement Activity

Games fostering collaboration, team efforts and learning



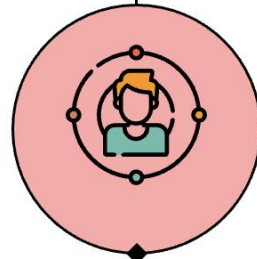
Movement Activity

interactive, low-impact activities designed to encourage cognitive engagement



Role Play Exercise

Examples are story-sharing, journaling, time management, chores and habit creation



Focus Exercise

Collaborative problem-solving exercises like puzzles, strategy games



Movement Activity

Movement-based Spanish games to learn the language in a fun, engaging way

Class Style & Overview

Fostering collaboration and experimental learning through interactive groups of



Children

5 to 12 years old

\$375

Elders & Retirees

60 + years old

\$100



10 sessions

2h Class/week

Executive Functioning

Roleplaying different scenarios of the day-to-day living challenges and opportunities – 15 min. segments



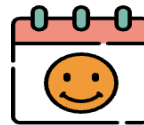
Manners

Practicing good manners and appropriate behaviors based on life situations – 15 min. segments



Spanish

Studying new languages and skills create new neuropaths to prevent life changing illnesses – 15 min. segments



Financial Literacy

Financial basics, planning, and earning exercises to spark curiosity & entrepreneurship – 15 min segments



Movement

In between exercises, participants have 15 min. of movement through engaging games



Program Benefits

Creating healthy connections between children and elders



Spread Kindness

Practicing a respectful attitude, looking into social issues with curiosity



Lead By Example

Creating awareness of systemic obligations and rules



Manage Expectations

Supporting participants in handling their time, finances, and concerns effectively



Teach to express

Guiding participants in how our language conditions our nervous system triggering healthy patterns



Help to empathize

Empowering participants to create balance between systems to increase productivity



Respect decisions

equip participants with tools to navigate uncertainty and practice a growth mindset



Thank You!

Sign up today!

**Together, we can build stronger,
connected generations**

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When older adults volunteer to work with children, both sides benefit, according to new Stanford research. (Image credit: Pamela Moore / Getty Images)

