
Homeschooling: All the Things BOOTCAMP

Day 1 ---Y.O.U.

Congratulations for taking the first step in your homeschooling journey this year. YOU are the one who will be encouraging and inspiring your children. YOU will be encouraging and walking beside them, helping them to investigate their natural curiosity, and focusing on their talents. It is important that YOU position yourself in such a way that you are rooted, have a clear vision, and know exactly where you stand on various aspects of homeschooling as a whole. Let's get started!!!

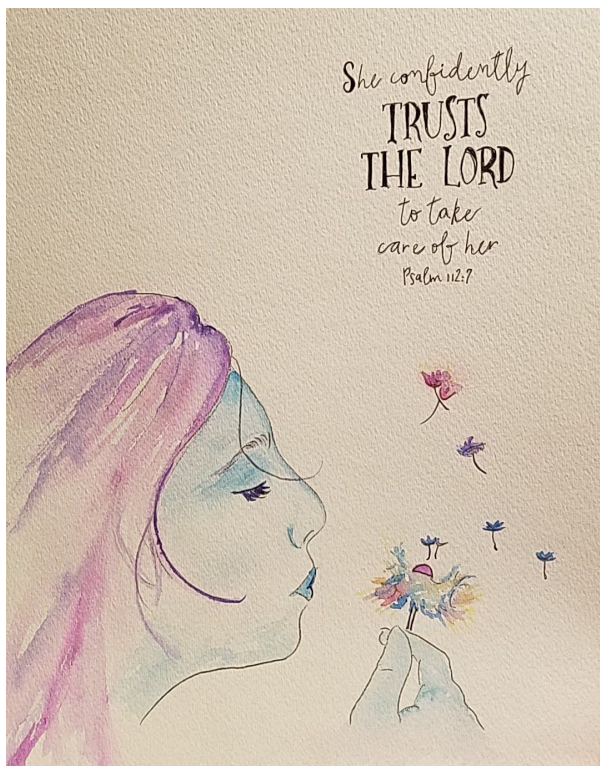


Let's be honest this homeschooling gig can be a bit terrifying and worrisome. Many of us feel like we have to DO ALL THE THINGS, KNOW ALL THE THINGS, or we will truly FAIL our children. So before you can start building your positive mindset, we need to write the 'big elephants in the room' down and get to the root of the issues that will keep you from focusing on what you CAN do. Oftentimes we have "TRUTHS" that we've held close. We have given these "TRUTHS" a license to define us when others have really placed them in our minds and they have no place in our hearts. These truths, once we really look at, dissect, and evaluate them, lose their power over us. We have allowed past experiences to dictate our futures and the futures of our children. That cycle stops today! Let's get to work!

I AM TERRIFIED OF

I am TERRIFIED of...	
Where does this fear come from? What made you feel this way?	
Who has made you feel incapable of being successful in this area?	
Is this fear rooted in some- thing that WILL happen or COULD happen?	

<p>What could help you to feel more confident in this area?</p>	
<p>What advice would you give your child if they were dealing with this issue?</p>	
<p>What CAN you do about this? What DO you have control over?</p>	
<p>How would you feel about yourself if you were successful in this area?</p>	



The first step in a positive mindset is looking at what we feel most comfortable with. To start off, we are looking at the Y in Y.O.U. What do you feel you can say “YES! I am totally comfortable with that topic, idea, or concept.” or “Yes, I understand that concept and am excited about walking beside my children as they learn about.....”

Y (Yes!!! I Got This!!!)

I GOT THIS	Is this something my kids would be interested in learning about?	What might this look like for my kids as the learners they are?	How could my kids access information about this topic? (Museums, Documentaries, Experts, Books, Places)

The next step in a positive mindset is looking at what we DON'T feel comfortable with. This is looking at the O in Y.O.U. This is when you would say, "NO! I am NOT comfortable with that topic, idea, or concept." Once we know what we ARE NOT comfortable with allows us to look at how we can get support about those specific areas. We are not expected to know and do ALL THE THINGS.

O (This is OUT of my Wheelhouse or Comfort Level)

I AM NOT COMFORTABLE WITH....	What part of this concept feels uncomfortable? Does it trigger past experiences of shame or failure?	Do I have a personal experience that triggers past experiences of shame or failure?	Is this a topic that my children would be interested in?	How could I get more support to help me with this topic? (Museums, Documentaries, Experts, Books, Places, Local Groups)

The next step in a positive mindset is looking at what we feel UNSURE about. These are topics that you are not opposed to, but don't feel completely confident in either. Perhaps we have anxiety about these topics. It is important that we understand we don't need to KNOW ALL THE THINGS to be successful. We also don't have to be PERFECT at everything and sharing that with our children is important foundational work for their personal character. Isn't this what we want them to do in life? To look for help when they are unsure. Helping yourself gain confidence, will in turn help you to do the same for your children.

U (I am Not Terrified But Just UNSURE about this)

I AM UNSURE ABOUT....	What do I feel I KNOW about this?	What part of this makes me feel unsure?	Is this a topic that my children would be interested in?	How could my children and I learn about this together?

What do you LOVE? What fills your proverbial cup? Do you love to run, kayak, make jam, play piano, garden, bird watch, cook, do puzzles, camp, hike, or volunteer? The easiest things for us to learn about are things that we are naturally drawn to. Children have been drawn to things since birth. Their eyes track interesting things in their environment. Using things that we naturally love and weaving them into our homeschooling life is a great way to continue to fill your cup while still helping your children to learn about things that they may be drawn to. Our Homeschooling journey shouldn't be separate from the things that fill our hearts and the hearts of our children. It should be the backbone.

I LOVE THESE THINGS!!!!

I LOVE...	Have my children learned about these things?	Is this a topic that my children would be interested in?	What would learning about this look like?	How could this love be woven into our weekly schedule?

