



10 Homeschool Curriculums for Parents of Self-Directed Learners

By ©David James Rodriguez

"Curriculum" comes from the root words "course", "current", and "path".

It is like a pathway, like a river, road, or highway.

The most effective curriculum is a personalized one, where the student is the creator.

A parent, teacher, or friend may help the student and is recommended, if the student desires help.

A general curriculum created by a 3rd party can be helpful too, if the student isn't super clear about his/her desired outcome.

There are countless number of curriculums that exist.

We will explore some here focused on self-directed learners, and review these methods with you, the Homeschool Leader so you learn how to create personalized curriculum for your child.

1.

The "World as the Classroom (WC)" Curriculum is the educational approach that learning is always happening, in any location where a student exists.

Therefore, one can learn anything, in general, at any location, at any time.

This is tremendously enhanced by new technologies like the internet, which has YouTube, online courses, and free video communication, etc.

Naturally, some skills and knowledge may be better acquired under a mentor or teacher, in one's geographical area,

and this is what we can discuss more the Homeschool Leader facebook group as we create valuable dialogues that will allow your kid to become a leader in field, if they want.

They can learn what they are interested today and this year, rather than wait many years until society gives them permission to proceed with their studies.

The WC Curriculum will be the new norm as more people, especially parents, understand how revolutionary the internet is,

and how important it is to see one's education as a life-long learning adventure and quest, rather than a diploma, degree, or a test score.

Does the WC Curriculum excite you, scare you, or confuse you?

The "World as the Classroom" (WC) Curriculum is a fundamental idea for Homeschool Leaders to understand.

The video in the FB group will show some aspects of the WC that may be helpful.

Plus here is a short list of places where excellent learning happens too 😊
Feel free to add to the list in the comments!

- the grocery store
- the library
- the kitchen
- the car
- the park
- the lake
- the BBQ picnic
- the bedroom
- the hardware store
- the fire station
- the place of spiritual congregation
- the animal hospital
- the human hospital
- the music store
- the chess club meetup
- the equestrian society
- the Fortnite hangout
- and more.

2.

The "Question Curriculum"

encourages and invites your child to ask good questions.

By asking good questions, good thinking will occur and, in time, so will good answers.

As a Homeschool Leader, you are a guide and facilitator, more than an expert or teacher, which means you don't have to know it all. Whew!

Not that anyone could possibly "know it all" but many of us have a tendency towards perfectionism because of our own schooling.

Ultimately, we know very little about the mysteries and nature of life,

but as you welcome strong questions from your child, s/he will get closer to finding meaningful answers,

which may actually serve as a learning experience for us adults.

The 6 basic questions begin with:

- what
- where
- when
- how
- why
- who

3.

The Relationship Curriculum

is a course of study that focuses on creating and growing healthy relationships between two or more people.

The purpose of the Relationship Curriculum is to teach kids about empowering friendships, business relationships, and intimate relationships by observation, research, and practice. Rather than tell them what you desire in a healthy relationship,

your child would benefit from discovering for himself the ways and approaches of healthy human relationships according to his own curiosities and interests.

Your little champion may say something like:

"My friend Jimmy isn't playing fair and said he doesn't want to play with me so I'm not playing with him anymore."

Instead of trying to make something happen between the children, there may be an opportunity for something to occur inside of your child.

You might reply with:

"It's okay if you do not want to play with Jimmy.

But he is normally a good friend so you may want to think about what he is feeling.

Did he get his feelings hurt by you or someone else?

Does he just want to play by himself right now?

Or is something else going on?"

Naturally, this may be hard for a 5 year old to fully grasp, but a 9 or 10 year old could understand the ideas and maybe discover a few of the secrets of healthy human relationships,

like listening, respecting one's explicit desires, and returning later to see how your friend is doing.

In addition, children learn the most by observing the adults in their lives.

This means you, other family members and friends.

How do YOU interact with people?

How do YOU deal with conflict?

How do YOU show demonstrate love?

These are some questions to consider and contemplate as we lead our children.

Have patience and empathy for your child, and yourself, as s/he figures out how to relate with the people in her/his world.

It's not easy as adults to do this, sometimes.

So imagine how challenging it is for an inexperienced and confused child to figure out this stuff.

Generally, if we demonstrate love and forgive children for their mistakes they will soon realize that those 2 actions are the foundation to a healthy and empowering relationship.

Smile, laugh, and have fun too! 😊❤️🌍

Like life, homeschooling is an exciting adventure and it's best experienced with joy and optimism.

4.

The Self-Care Curriculum

is a course of study that focuses on attending to one's emotional, mental, and physical needs, before others'.

The purpose of the Self-Care Curriculum is to help each human being hear the needs of their inner Self and identify ways to meet those needs.

If you're not happy, that is your responsibility.

If you are happy, that is also your responsibility.

This is an important lesson that many of us learn in adult life,

but if we would have discovered this in our younger years we could increase our joy and decrease our suffering.

As a Homeschool Leader, you are demonstrating to your child how to take care of your Self, so this curriculum begins with you.

Naturally, life can feel like a roller coaster with its emotional highs, lows, and plateaus, but if we are taking care of our inner Self, we are in more control of our world because we are intentional about how we are feeling.

It can be good to ask ourselves:

1. How do I feel right now?
2. What do I need right now?
3. What do I love about right now?

When you accept that you are a very important person, just as your child is, you will find creative ways to treat yourself to something that meets your needs just exactly when you need it.

It can be something big or small.

The size isn't as important as actively being aware that you are responsible for your emotional state right now.

Self-care may look like:

- going on a walk around the block
- taking yourself on a coffee/tea date

- getting a monthly massage
- starting a dance class
- turning your phone off for 2 hours
- taking an hour long bubble bath
- spending 2 hours at the bookstore
- watching a movie by yourself
- trying a new hairstyle
- meditating for 20 minutes in your bedroom
- painting on a canvas
- singing your favorite song
- starting a fun, new project
- getting a manicure or pedicure
- eating your favorite ice cream
- calling your favorite person to catch up

and more.

When you communicate your desire for self-care time to your child, she will indirectly learn about self-care for herself.

Sometimes we get flustered at home or in the car with all of the "tasks" that being a father or mother requires.

We often lose conscious attention on how we are taking care of our own minds, hearts, and bodies.

However, we are still responsible for our own happiness, or suffering.

Soon, your child will realize this on his own when he moves out and lives somewhere without mom or dad.

Learning to recognize and attend to the needs of the inner Self seems to be one of life's great joys and challenges.

If we make conscious effort to listen for this intuition and desire, we will continue to grow our self-knowledge and better understand our children too,

because they are full of emotional roller coasters as they strive to get in touch with their life's goals and purposes.

Children with many different experiences will reflect on them and begin to determine how they can best take of their Self.

Don't be surprised if one day your child says to you,

"Mom, I think I just need to spend 15 minutes alone in my room. Then I will come back out and we can talk. It has nothing to do with you. I need to think about how I'm feeling right now."

Or maybe she has already told you something like this.

As a homeschooler, your child has access to solitude and introspection, which most non-homeschoolers may not.

Be aware of their importance in developing one's self-care rituals.

These are part of the life-long Self-Care Curriculum because we are always changing and we can reconnect with ourselves more by looking inwards,

than we can by looking outside of ourselves.

The topic of "Self-Care" may even become a continual topic of conversation and excitement in your house

because when we are identifying and meeting our inner needs we become happier and more thankful for being alive.

We learn to be compassionate and patient with others because we know about the inner turmoil they may be experiencing,

since we've been consciously looking for ways to remedy the ups and downs of being human. When we are healthy in mind, heart, and body, we are more present and attentive to our child.

And, like many relationships, our children feel love from our attention. What "Self-Care" practices do you do or intend to begin immediately?

5.

The Self-Entertaining Curriculum

is about helping children realize the power of their own mind to find enjoyment, fascination, and fun whether they're by themselves or with others.

The purpose of this Curriculum is to show them that their most wonderful asset is their ability to think, create, and take responsibility for how they're feeling right now.

Since you're probably reading this on a smartphone, or maybe a laptop, it's fair to assume that technology is here to stay, yes?

However, it doesn't mean children need to become mindless zombies, like the social technocrats want them to be.

Instead, if we openly share with our children that these devices can be used to suck away our time and energy, for advertising reasons, and even for nefarious reasons,

they'll be more open to tapping into their mental, physical, and spiritual interests.

Their ability to write, create, draw, and make things on paper with ink is one of the funnest things for a creative being.

The goal isn't to design something specific but to fully express themselves, without attachment to what they are creating.

Whether it's words, pictures, lines, circles, ideas, designs, or another kind of expression encourage them to have fun and be free in expressing their thoughts and mental images.

Unlike forced schooling, which comes with judgements from others or having "fit in" a particular metaphorical box,

in the Self-Entertainment Curriculum, the child begins to notice how liberating it is to think, feel, and create anyway he wants.

This type of creativity holds the future of humanity in your palm because the mega corporations want obedient people

but we want free, happy, and healthy children running around everywhere pursuing their dreams and adventures.

As your child becomes confident in her ability to express herself and voluntarily creates things of interest she will increase in self-esteem and boldness,

which are key elements for artists and entertainers.

Now, their skills may advance and he could become a poet, a writer, musician, dancer, designer, or 100's of other professions in life.

But more important than that is they're able to be with themselves and enjoy solitude or group settings because they knows there's a place inside themeselves where all is good, quiet, and known.

This place is where her inner voice of freedom and fun comes alive.

Naturally, we're goal achievers, but humanity has entered a place where we are sometimes overwhelmed with information and possibilities.

More than ever, our families are looking for ways to entertain ourselves in healthy ways and in ways that serve our own interests, before the corporations.

A blank journal with pens is a good place to begin.

Who knows, maybe you'll start creating new family traditions and experiences that will impact your grandchildren and beyond.

Either way, we are all geniuses in our ways, and few of us get to meet that version of ourselves without a desire or intention to do so.

Today is a great day to let go of disempowering thoughts and embrace the destinies of your life and empower your child to do the same.

May free expression, joy, fun, and freedom fill your environment today everywhere you go! Even if you're staying home alone or you are with your child!!



6.

The Laundry Curriculum

is a course of study that encourages the student to wash their clothes with gratitude.

The purpose of the Laundry Curriculum is to empower your child with the truth that dirty clothes are a perpetual chore in life and how fortunate we are to have clothes to wear and wash.

As an adult, you may have noticed that dirty clothes pile up every day.

And this seems to be an eternally persistent problem in human affairs.

So, as with many harsh truths, it's best to be gentle and patient as we help our children understand this fact of life:

"the day will soon be coming when mom or dad will no longer be doing your laundry, unless we want to.

And very soon, my dear son or daughter, you will be washing and drying your own clothes. Forever. "

The sooner they understand this, the easier it will be to accept it.

Depending on what the laundry culture is in your home now, you might be encouraging your 5 year old to do his own laundry or you may be doing laundry for your 16 year old.

Whatever your situation is, it is good.

Like all parenting approaches, it is a personal choice and I recommend you do what you prefer and makes most sense for your life.

In this curriculum, I recommend you allow the natural helpfulness of children and their desire to have clean clothes drive their motivation to learn to do laundry.

Many adults feel that laundry is drudgery and painful.

However, your child hasn't lived for 20 years on her own and may find genuine pleasure or wonder in it.

The world famous house organizer, Marie Kondo, became interested in organizing possessions at age 5, then started consulting at age 15, and by age 19 she was well on her way to fortune, fulfillment, and worldwide fame.

Your child models your behavior and emotions so if you are authentically grateful as you do laundry your child will enjoy doing laundry with you as he learns how to do it efficiently.

Conversely, if you are bitter and resentful that you are doing laundry, your child will feel those similar emotions and associate pain and resentment toward laundry.

Truthfully, doing laundry means we have multiple outfits and clothes to wear, so this is something to be grateful for, isn't it?

Let's demonstrate this gratitude in front of our children.

How refreshing is it to put on a clean pair of socks, underwear, or a clean t-shirt?

How good does it feel to put on a warm sweatshirt, directly from the dryer, on a cold day?

These are moments when genuine thankfulness arise, for many people, including children, especially when the adults verbally and emotionally express it.

Like all new activities, there is much to learn and be fascinated by.

Washing and drying clothes is something your child may find interesting.

If not, at least they will realize that it's one of those persistent tasks that come with having clean clothes to wear.

Or, who knows, maybe they will choose to wear dirty, smelly clothes as an adult.

But it sure makes it difficult to build friendships, client relationships, or get a date.

These are all things you can casually discuss as natural consequences of neglecting laundry for life outside of home.

As they watch you do laundry, you might ask them to help you, or if they need you to drive them somewhere but you have outstanding laundry that needs to get done first,

you could invite them to help so they can get to where they want to go.

As a Homeschool Leader, you don't force your child to learn things but allow him to find the interesting parts of the activity for himself.

By letting him find the interesting parts within his own mind, you are allowing healthy neuroassociations to grow and this empowers his self-confidence and self-esteem

knowing that he is a capable and intelligent young man, or woman.

When he is able to be grateful as he does his own laundry, knowing this is a normal part of life, he will have achieved something meaningful for himself on his journey toward independence and adulthood.

And you will have the joyful memories of his earlier days when he didn't know the difference between bleach, detergent, fabric softener, static control, and stain remover. Or maybe he'll use 100% naturally organic products because he learned about the toxics in cleaning products.

Knowing you allowed him to grow in freedom and respect, even with the chore of laundry, will bring a genuine smile to your face.

And to his own children, as he remembers the patience and love you demonstrated when he was child, when gives them a positive example of being grateful have clothes and to wash them.



7.

The Mistakes Curriculum

is a course of study which emphasizes the benefits of making mistakes as a method of learning.

The purpose of the Mistakes Curriculum is to correct the old way of looking at mistakes, which was to view them as a bad thing,

and to view mistakes as a powerful teacher and something to be welcomed and encouraged, not avoided.

Scientists test their hypotheses in real life to see if their theories are accurate or not.

Most of the time, their theories are inaccurate.

Artists express themselves with art and sometimes their art is rejected.

Coaches create strategies that fail to win games sometimes.

From these "mistakes", the mistake-maker can learn a lot and then try again with more wisdom.

And try again.

And try again.

Since the internet and technology are rapidly changing life on earth, the best way to ensure success for children is to have courage to learn and do more things.

You can help your child to become more courageous by emphasizing the benefits of mistakes.

This occurs as you are consciously compassionate and empathetic to them as they make their mistakes.

Most of us probably do not like to make mistakes, so as the Homeschool Leader you are very important because you create the atmosphere and, if your child knows mistakes are okay, he will grow his courage as he faces new challenges.

The old schools used to teach us to seek perfection, 100%, A pluses, but that was for a world based on factory jobs, consumerism, and military obedience.

Today, we can see that the whole world is the classroom and once we remove the stigmas of making mistakes from our judgement, we'll be helping our children realize this for themselves

and they will be empowered to bravely accept any opportunity they wish and this will grow their confidence in their ability to learn and do new things.

In our past, mistakes were something to be avoided because that is how we were "evaluated", but in 2023 and 2024 mistakes can be a great teacher for us and our children which will help us

create desirable results for our lives, because that is how most achievers evaluate themselves, not by perfect test scores and grades.

8.

The Giving Curriculum

is a course of study that focuses on the action of giving to other human beings.

The purpose of the Giving Curriculum is to practice giving for the satisfaction in knowing you helped another human being without expecting anything in return.

Your child can discover the joy of giving if s/he has no expectation of receiving something else in return, other than the joy of being kind and generous,

and this will lead to emotional freedom now and for their whole lives.

Many people who give are sometimes attached to the idea that they will receive something for having given.

That is called trading, not giving.

As your child learns to give their time, energy, money, service, or whatever they choose to give, s/he will feel the freedom, empowerment, and pleasure of giving because they want someone else to benefit from their gift, with no strings attached.

Is giving better than receiving?

Like a bonfire that needs wood before it can produce heat, happy people give first because that is how relationships begin, opportunities are identified, and connections are strengthened, and more.

The Christmas and holiday season is a great time to help our young people understand the satisfaction of giving, and if we demonstrate it they will see it through our actions.

Or it can be an invitation and start with a simple conversation, such as:

Parent: Who could we surprise this year?

Child: (Somebody)

Parent: What could we give her/him?

Child: (Something)

Parent: Can you take care of that by yourself or do you want some help?

Child: (myself or help)

Parent: Great! Let's do it

Child: Okay!

One of the challenges you may face is feeling that whatever they're giving could be sub-optimal, but once you remember that the purpose of the curriculum is to practice giving for the

satisfaction in knowing you helped another human being without expecting anything in return, and not trying to impress people, you may feel freer and experience more peace.

As your child's ability to give increases s/he will be welcome almost everywhere s/he goes and will be happy too.

9.

The Humor Curriculum

is a course of study that encourages students to search for fun and funny moments as a way of feeling free and empowered.

When your child laughs s/he is being fully self-expressed and joyful. They love it!

If your child laughed more often, how would that affect your emotions and the energy in your home?

We can facilitate the Humor Curriculum by consciously creating an atmosphere where laughter can occur.

Where does laughter occur?

- where freedom is allowed
- where expression is allowed
- where love is present
- where patience is present
- where critical judgment is absent
- and more.

When does laughter occur?

- in funny moments
- with funny words
- in funny stories
- in weird stories
- by incongruencies
- in ambivalence
- in tension release
- by contrast
- and more.

The Homeschool Leader doesn't need to be a comedian or a clown.

By just being aware of the empowering and pleasurable emotions generated by laughter, a Homeschool Leader can bring that positive awareness and energy everywhere s/he goes.

Life can be fun, or it can be no fun.

As a child discovers the excitement and joy of laughing s/he will feel good, and so will you.

10.

The Cooking Curriculum

teaches your child to make food or drinks.

The purpose of the Cooking Curriculum is to show your child the joy, freedom, and necessity of making food in their lives.

When your child learns that food gives us all energy, satisfaction, and independence it becomes a superpower that we can harness, instead of an obligation that we are forced to do.

What is your child's favorite food?

The next time you make this meal or snack, ask them for "a little help" so you can do it together.

They may be clumsy or slow to learn how to make their favorite meal but that's how all learning happens.

Your responsibility, as a Homeschool Leader, is to create the atmosphere where personalized learning can occur.

You'll want to be very patient with your child.

You'll want to speak with kindness and love in your voice.

Imagine how exciting you both will be when your child can make this meal without your help!

Your child will become more confident in his/her learning abilities as they strengthen their independent living skills.

This may take weeks or months, but what will begin to happen is that your child may enjoy cooking in the kitchen and find a new passion in life.

Although, they may make a mess in the kitchen, which will lead to the Cleaning Curriculum, they'll be learning valuable life skills. 😊

Your opportunity as the one teaching your child to make food is to remember the excitement and freedom of your child when you were their age.

It's not boring. It's highly interesting!

Your child's natural energies, abilities, and talents are ready to grow, if you will respect them.

Then, they may surprise you in the near future.

Many young people become adults who make successful careers as chefs, cooks, and foodie artists.

Also noteworthy is that cooking is a creative profession which allows the man/woman to escape the traditional work of monotony by exercising their imagination and freedom of thought.

And they get eat snacks all day!

However, if you force your child to make food, they may miss out on the joy of producing food for themselves and others, driven by their own interests.

Food is a divine experience and our bodies need the vitamins, minerals, and power in the food.

By our own nature, we need food, so cooking could become an uninspiring duty of our human existence

or it could become a joy and blessing throughout our day which gives us gratitude and happiness.

Your child naturally loves to learn.

As a Homeschool Leader, you recognize this natural gift and you want to help them strengthen it.

You do this by making invitations and opportunities to learn, not obligations and duties.

Cooking is fun and rewarding.

Food is delicious and empowering.

We all need to learn to cook, to some degree, to survive.

But we want our children to thrive in their lives, right?

Consider asking your child to help making their favorite food the next time you cook it.

They may amaze you or they may give you some humor or some headaches.

Yet, they're on the journey of life with you, in love, and are eager to eat well and learn well.

Soon, they may be making meals for you.

If they don't, they'll still be able to fry an egg or make macaroni cheese, and this could fill the whole house with more laughter, peace, wisdom, and love.



Dear Homeschool Leader,

Congratulations on making it to the bottom of the 10 Homeschooling Curriculums for Parents of Self-Directed Learners!

If you want more support, you can look up the [Homeschool Leader facebook group](#), and

I can help you by having phone conversations, or on zoom, to discuss some key educational principles, strategies, and your highest concerns.

Ultimately, I'll coach you to achieve what your goals are on this empowering homeschooling journey with your child.

I know it feels scary sometimes but you got this!

To receive personal homeschool consulting from me, you can choose from 3 options:

1 hour for \$150,
4 hours for \$540 or
9 hours for \$1,125.

During our consultations, I will help you think and plan strategic actions for your homeschooling adventures, working to customize your approaches to your child's needs and desires.

If one of these options is good for you, please submit payment to:

<https://www.paypal.me/realDJR> (or Venmo: @david-rodriguez-650).

Then we can schedule a time to speak and address your concerns so you will be empowered to homeschool with peace of mind.

You can do it! Looking forward to talking soon!

Much respect and love,
David James Rodriguez