

Teach Me
Health and Homeopathy



Evie and the
GOLDEN
Homestead

A "get outside" curriculum
for town & country

Our First
DIGITAL
Program!

TEACHER'S MANUAL

by

PAOLA BROWN

Endorsed by the Academy of Homeopathy Education

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SHELLEY, IDAHO

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“NO LEGACY IS SO RICH AS HONESTY.”

–Shakespeare



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Teach Me Health and Homeopathy: Teacher's Manual

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DEDICATION



To my family.
Your energy and joy fuels these tales and my life!



ACKNOWLEDGMENTS

A special thanks to my business partner and everyone who has supported me in this process; all the wonderful women in my focus group, my team of editors, curriculum designers, artists, homeopaths, website support, and more. You understand that the pages here can bless so many, and your dedication is deeply appreciated.

“THE MOST INESTIMABLE TREASURES ARE: IMPECCABLE CONSCIOUSNESS
AND GOOD HEALTH. LOVE TO GOD AND SELF-STUDY PROVIDE ONE;
HOMEOPATHY PROVIDES THE OTHER.”

–Samuel Hahnemann



ENDORSED BY THE ACADEMY OF HOMEOPATHY EDUCATION

This curriculum is proudly endorsed by the Academy of Homeopathy Education (AHE) as an appropriate representation of the fundamental aspects of homeopathy and is suitable for school-aged students (with added benefits for their respective adults). The information contained in the curriculum is accurate, and the high-quality content will no doubt guide learners to the desired outcomes. It is clear from the meticulous attention to detail—delivered in a literature-based format—that this curriculum will engage, educate, and, most of all, inspire the next generation to live a more conscious and healthful life. The content herein is approved, sanctioned, and enthusiastically recommended by AHE.

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Denise Straiges CCH, RSHom(NA), PCH

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Preface



Recently, my children and I were watching BBC Earth.ⁱ I was shocked to learn that, in an effort to protect their eggs from predators, the parents of barnacle goslings nest on the cliffs of Ireland some four hundred feet high. Within three days of hatching, these goslings must literally leap off the edge of the cliff, many plummeting to their deaths, to reach the grazing lands below. It's the price they pay to graze, eat, and grow. I was speechless. These baby geese sound like helpless, bitty squeaker toys, bouncing and banging their tiny, fragile bodies on the many sharp stones that jut out along the side of the cliff. It's a painful event to witness, and the announcer revealed the hard truth that only three out of five goslings survive this death leap. I was totally stunned by their tale. Mother Nature can indeed be cruel and I told my children, "You must be pretty glad you weren't born in a family of barnacle geese."

But perhaps I'm wrong. Recently, I had an opportunity to sit and converse, knee to knee, with some of the most incredible homeopathic professionals of the twenty-first century. I was absolutely geeking out at their formidable understanding about the eternal, never-ending attributes of health and healing. I was quizzing them with all kinds of questions—from flippant curiosities I've had about homeopathy to deep, philosophical questions. (Do you think God made poisons just so that they could later be used in homeopathy?) Because I see my world through the lens of a mother, and I always return to questions that involve my family, my husband, and of course, my children, I asked these homeopaths, "Do your children kiss the ground you walk on for raising them to have such healthy bodies? Do they praise your every word for bringing healing knowledge into your family at such an early age?" The response of many of these homeopaths left me astonished. "No. They think I am crazy!" or "My son is in university now, and he just took a round of antibiotics."

I couldn't believe it! It takes a lot to render me speechless, and I was fully, genuinely thunderstruck. Like a gaping fish out of water, I sat there, mouth open. Then realization struck. If these men and women, who are incredibly knowledgeable homeopaths and gifts to the homeopathy community, weren't able to pass the knowledge of healing on to their children, what chance do I have in helping my family? I felt painfully inadequate. In my struggle to reclaim my health, I had to learn tough first-hand lessons and reclaim homeopathic knowledge that had been lost in our family somewhere between my great-grandmother and me. And by struggle, I mean I fought to learn the wisdom of true health. At times, I fought ugly, screaming at the conventional medical methods that didn't work for me and, in essence, increasing my illness, sobbing and demanding to find a path to health. And at other times, I fought smart, with peace and grace, gently being led to health. It was homeopathy that turned my various struggles with debilitating illness into a series of successes. I'm not 100 percent whole, and yet I am grateful to God and homeopathy that I have regained much of what was once lost through my ignorance and overuse of antibiotics and suppressive drugs.

There is no doubt that nature can be ruthless. I know that if we break too many of the natural laws that were designed to protect our bodies, we will be much like the barnacle goslings that are thrust from their nests of health at four hundred feet. For me, learning about true health felt like what I imagine a barnacle gosling feels on its death drop. Without properly formed wings, it's a harsh landing with a lot of very painful crashes along the way.

I look at my children, whose health and bodies I have sheltered from toxins, pharmaceuticals, and the standard American diet, and I wonder if their carefully crafted, poison-reduced environment is enough to teach them the lessons I've learned. Perhaps the goslings aren't able to wait any longer before needing to jump off the cliff, but it seems like my children do have the time to gain their flight wings before navigating the health decisions they must someday face on their own.

Does the following remind you of yourself? Do you ask your children, "Why are fevers good?" or "Why do we not buy the pasteurized milk?" I know that I often spout lessons of health to my children when I see an opportunity to catch their attention, but I ask: Are these informal discussions enough? Undoubtedly they are important, but are they enough to pass on the lessons of true health? As a mother, I know that it is much better to prepare our children and make them competent than to simply protect, shelter, and insulate them.

From the storybook *Evie and the Golden Homestead* to the Teacher's Manual and the Student Workbook, the entire curriculum of *Teach Me Health and Homeopathy* intends to structure an environment where this vital information is explored with our children and grandchildren while they are still under our influence. As a mother, once I've done my part to the full measure of my capabilities, it's up to my children to decide how they will pursue health. It's their bodies, their lives, and their choices. Once they have flown the nest, my children will make decisions, but by using this curriculum I can look back with peace, no regrets, and no "what-ifs."

I know how busy our lives are. The books in this *Teach Me Health and Homeopathy* program provide busy families with the resources needed for children to learn about the precepts of true health at home, before our goslings take their first flight.

Hugs and homeopathy,

Paola Brown



DISCLAIMER

POWER TO THE PARENTS!



The purpose of this curriculum is to help *parents and teachers* educate students about the principles of holistic health and homeopathy. This means you, as the teacher and parent, are in charge of communicating the learning of holistic health and homeopathy to your students. Parents and teachers must take steps to help students know that minors should never use any type of medicine (homeopathic, natural, or conventional) without the medicine being administered and supervised by an appropriate adult or medical professional. This core message is emphasized at various points throughout the curriculum, but adults are responsible for helping students and teens understand this important principle.

The owner and publisher of this curriculum is not liable to anyone that uses or applies the principles contained herein. Readers following instructions and suggestions made in this curriculum are responsible for their own safety and the safety of minors in their care. All activities require adult supervision at all times. Students under age three (3) should not participate in any activities involving small pieces, scissors, sharp objects, and anything that may harm a small child. Additionally, this curriculum provides general information about homeopathy and related health topics. The details and other information provided in this curriculum, or in any linked materials, are not and should not be taken as medical advice, nor is the information a substitute for professional medical expertise or treatment.

Notwithstanding any information contained in this book, the author is not a licensed medical doctor of any kind, but rather a long-time student, teacher, user, and beneficiary of holistic health and homeopathy education and remedies. The information contained herein, including but not limited to text, graphs, images, and all other materials referenced to or linked to, is for informational purposes only. No material in this curriculum is intended to be a substitute for professional medical advice, diagnosis, or treatment. Therefore, before using any of the information contained in this curriculum or any of the linked materials, and applying any of the principles from the presented information, always seek the advice of your physician or another qualified health provider with any questions you may have regarding a medical condition or treatment for that medical condition, and never disregard professional medical advice or delay in seeking it because of something you have read in this curriculum or in any of the linked materials. If you have any medical emergency, call your doctor or emergency services immediately.

Evie and the GOLDEN Homestead

Teacher's Manual

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- Remedy Category Chart

About This Curriculum

“NO BOOK IS REALLY WORTH READING AT THE AGE OF TEN
WHICH IS NOT EQUALLY—AND OFTEN FAR MORE—
WORTH READING AT THE AGE OF FIFTY AND BEYOND.”

—C. S. Lewis

Teach Me Health and Homeopathy: Evie and the Golden Homestead is a family curriculum designed by author Paola Brown for learners of all ages. Influenced by the essence of homeopathy, Brown collaborated with a team of illustrators, musicians, editors, and specialists to create this unique curriculum. In order to develop this book for families, she researched more than thirty different books, scientific journals, and resources. This program is a literature-based curriculum designed for students both young and old. It includes a book of stories, a Teacher’s Manual, leveled Student Workbooks, beautiful illustrations, recorded instructional videos available online, and even a collection of songs to help children memorize important principles. This interactive multimedia approach to learning homeopathy will enchant the whole family and make learning meaningful, fun, and accessible. It is the author’s greatest hope that this curriculum will help you and your family discover and learn together in order to usher in generations of health.



Jump-Start Guide

“THOSE WHO DON’T JUMP WILL NEVER FLY.”

—Harmony Letters

You’re ready to jump right in and get started with this curriculum! Wonderful! Begin with the introductory information in the Teacher’s Manual. This will familiarize you with the scope and sequence of the curriculum and give you a master checklist of materials so you can be prepared with supplies. This is also an opportunity to think about the pace of the curriculum. This curriculum is divided into thirty-nine lessons. If taught once a week, the curriculum will take one academic year to complete. If it is taught twice a week, it will take one semester to complete. Decide on your pace and set aside the time. For those teaching at home, writing it on the calendar can definitely help ensure that it actually happens!

Then, open to Lesson 1 in the Teacher’s Manual and skim the activities and supply lists for each lesson until the next Read-Aloud Lesson. This will enable you to prepare mentally for the lessons, decide which activities you will do, and gather supplies in advance.

Once you’ve done this, you are ready to begin *Evie and the Golden Homestead*, Unit 1, Lesson 1: “North in the Storm!” Read, then begin the corresponding activities listed in the Teacher’s Manual and leveled Student Workbooks, while supporting learners and differentiating instruction as needed. Keep in mind that some lessons do not include a Read-Aloud Lesson. When you reach the next lesson with a read-aloud segment (as indicated in various lessons in the Teacher’s Manual), reach for *Evie and the Golden Homestead*, and continue in this way—Read, Discuss, and Do!

Teaching Group Classes

“NONE OF US, INCLUDING ME, EVER DO GREAT THINGS.
BUT WE CAN ALL DO SMALL THINGS, WITH GREAT LOVE, AND TOGETHER
WE CAN DO SOMETHING WONDERFUL.”

–Mother Teresa

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Questions Nerdy Parents/Teachers Ask

“INTELLIGENCE WILL NEVER STOP BEING BEAUTIFUL.”

–Unknown

What kind of approach to learning does this curriculum take?

Teach Me Health and Homeopathy: Evie and the Golden Homestead takes an interactive approach to learning using multimedia and discussion. As of this printing, there is no other literature-based curriculum that the author knows of that specifically teaches entire families about homeopathy. While there are science or health-related courses for students and teens, these are unfortunately often created with meaningless activities, readings that lack facts or details, or storylines that are not rich and engaging to youth. The special program developed in this curriculum sponsors an “atmosphere, discipline, [and a] life of learning,” as advocated by Charlotte Mason.ⁱⁱ

I am new to this holistic approach to learning. If there was one thing I could do to prepare me for this unique and powerful learning approach, what would you recommend?

First, welcome! Listening to Andrew Pudewa’s speech “Nurturing Competent Communicators” would be my first recommendation.ⁱⁱⁱ

ii Charlotte Mason, *An Essay Towards a Philosophy of Education: A Liberal Education for All*, (Routledge Library Editions), 146: 94.

iii Andrew Pudewa, “Nurturing Competent Communicators” (Institute for Excellence in Writing, 2015).

xv <https://iew.com/shop/products/nurturing-competent-communicators-andrew-pudewa>. Accessed October 5, 2019.

What are the pedagogy and methods used in this curriculum? Is it classical? Charlotte Mason? Montessori? Waldorf? What?

The vast majority of parents who homeschool (or perhaps summer school, if your student goes to public school) incorporate various teaching methods in their instruction. Most student-centered education philosophies such as Waldorf, Charlotte Mason, and Montessori also utilize story as a vehicle for teaching. This curriculum represents a mixture of these methods and also incorporates the classical method. It is perfect for applications in Montessori and Waldorf settings with little, if any, adaptation.

What if I know very little to nothing about homeopathy?

Many families are interested in learning about homeopathy and the principles of natural health, but they themselves know little about it. Fear not! This curriculum is your launchpad into homeopathy and the foundational principles of natural medicine. This curriculum will likely provide new information, even to parents who know a lot about homeopathy. Becoming a co-learner with your family is one of the best ways to teach. These books will wrap you together in the work of learning. Together, with your newfound enlightenment, homeopathy will come to life in your home. Each of the three books in this curriculum will stimulate the knowledge you thirst for, providing a catalyst for your family to develop a culture of healing. Having said that, parents, teachers, and older students may benefit from doing our 1-hour intro to homeopathy course, found at PaolaBrown.com/Intro. It's a great way to get a quick and fun overview.

How do I cultivate a culture of learning homeopathy in my home?

Remember that children are always watching and learning from you. You are encouraged to talk about homeopathic remedies when you employ them. Don't just give remedies to children if they need them. Instead, ask them or their siblings, "What remedy does she need?" If someone calls or comes over with a homeopathy-related question, ask the kids to think through the answers before just telling them what you selected. Tell them stories of cases that you handled: "My friend Anna called today. Her daughter was sick. Here were her symptoms. What remedy do you think matches?" If they are younger, you can list out the top two or three remedies, look them up, and discuss. Learning is everywhere. Make time to incorporate thinking, consideration, and conversation into your parenting style.

Is this curriculum considered a 'Christian worldview' curriculum? What if we are secular homeschoolers?

No. This is not a Christian worldview curriculum. While I am a Christian, my intention is to speak from the heart in a positive and inviting way. I love working with and honor good people that come from all walks of life, which is why my focus group was made up of very diverse individuals. I hope that my curriculum gives you this welcoming impression. I imagine that any family, regardless of their background, can enjoy this wonderful curriculum.

What kind of diet does this curriculum promote?

I have been through many different diets as I was figuring out what worked best for my body. For a number of years I was vegan, then later vegetarian, and then, due to my chronic pain, I switched to paleo, then autoimmune paleo. Thanks to homeopathy, I was able to move past many of my food intolerances. The place at which I arrived, that works best for me, is the real foods diet based on many of the principles of the Weston A. Price Foundation (WAPF). Because this curriculum is, in many ways, a reflection of my own journey, it includes a number of WAPF food and lifestyle principles. If this is not the diet that works best for you, that's okay! Talk to your children about the importance of finding the best diet for themselves and share with them your views on the foods you eat. The most important message in this curriculum is that of empowering oneself to own one's health choices.

A DETAILED GUIDE TO THE CURRICULUM

“THE BEAUTY OF LIFE IS IN SMALL DETAILS, NOT IN BIG EVENTS.”

—Jim Jarmusch



Overview

- **The Significance of Owning Your Own Health:** This curriculum helps readers understand the true principles of health, and it engages them in connecting these principles to their own lives. With homeopathy as the foundation, this book is part of an interactive curriculum that empowers readers to learn how to think about future health-related decisions and options.
- **A Natural Health Curriculum with a Special Focus on Homeopathy:** This curriculum covers the principles of terrain theory and the foundational principles of homeopathic medicine. The result is that youth see the principles of holistic health and natural medicine broadly while also nurturing an understanding of homeopathy.
- **Open and Go:** This entire curriculum set requires zero preparation time, unless you want to complete some of the hands-on activities with your family. Otherwise, you can simply turn to the chapter and begin reading.
- **One-Room-Schoolhouse Approach:** This book is designed for families and groups to simultaneously teach students from first grade through high school. The lessons are supported by a Student Workbook and activities leveled for three age groups (Level 1: Grades 1–3, Level 2: Grades 4–8 and Level 3: Grades 9–12). This way, the teacher can provide all students the same lesson with assignments pre-leveled appropriately for the student’s age.

A General Overview of the Books in the Curriculum Set

Evie and the Golden Homestead

Educator Charlotte Mason once said it is important to educate the whole child, not just the mind, and stories have a special way of engaging the learner’s heart, soul, and mind, impacting the whole child. Because story is a powerful teacher, the stories in this book are a wonderful way to engage students in the world of homeopathy and natural health. *Evie and the Golden Homestead* is the core part of the curriculum, the backbone. It was written to expose students to a rich environment of health and homeopathy, giving value to what goes in and on the body—whether in sickness or in health.

Teacher's Manual

Paulo Freire said, "Liberating education consists in acts of cognition, not transferals of information." In other words, the top-down approach, with the teacher as expert and the student as inferior learner, isn't always the ideal model for learning. The discussions and memory work in the Teacher's Manual provide guided lessons, creating a powerful educational experience. Here, students of all ages engage with the material by questioning the learning, participating in dialogue, and by both posing and solving problems. Here, your children will develop stronger critical thinking skills, an important element when it comes to making lifelong health decisions.

Guided Lessons: The stories in *Evie and the Golden Homestead* correlate with the lessons found in the Teacher's Manual.

Student Workbook

The Student Workbook provides activities that bring the lessons from *Evie and the Golden Homestead* and the Teacher's Manual together into a meaningful workbook, leveled for three different age groups (Level 1: Grades 1–3, Level 2: Grades 4–8 and Level 3: Grades 9–12).

Overview of the Units

This curriculum is divided into nine separate units:

Unit 1: North in the Storm

This first unit is designed to review basic homeopathic principles for families who already did our first program, and to introduce you to them if you are completely new to homeopathy:

- Unit 1 clean food discussion: Pesticides in your food,
- What homeopathy is,
- Why it's safe,
- What remedies are made from,
- Nature Study: Emily Dickinson & Making a family herbarium,
- Homeopathic remedies studied in this unit: *Aconitum napellus* & *Arsenicum album*

Unit 2: The Slithering Situation

Once the groundwork has been laid in Unit 1, Unit 2 introduces students to a beloved homeopath from history named Constantine Hering. In this journey, you learn about a new powerful remedy that Constantine first discovered!

- Unit 2 clean food discussion: Pasture raised meats,
- Why we shouldn't over-use homeopathic remedies,
- What is health freedom,
- Why it's so important,
- Why and how we can protect our own health freedom,
- How to make decisions during a doctor's visit
- Health freedom laws in your own country,
- Homeopathic remedies studied in this unit: *Lachesis mut*

Unit 3: Farm Babies

Join Evie and her neighbor, Mrs. Sparks, as they help deliver a pair of baby goats, one of which is breach! In this unit, you'll explore:

- Unit 3 clean food discussion: Benefits of sourdough!
- Care for heat and sunstroke,
- Top homeopathic remedies for heat and sunstroke,
- Placental mammals: Monotremes, marsupials, and eutherians,
- The amazing placenta and umbilical cord,
- Colostrum: An important first food for all mammals,
- Homeopathic remedies studied in this unit: *Bellis Per*, *Caulophyllum*, *Gelsemium*

Unit 4: Toothless

This next unit is centered around the topic of teeth! Evie's older brother takes a tumble and loses a chunk of a very important part of his face! Learn about what remedies can help a chipped tooth, as well as a lot of other amazing ways we can support our teeth!

- Unit 4 clean food discussion: Soaking & sprouting grains
- Study of teeth: Your teeth are alive!
- Anatomy of a tooth
- Fluoride toxicity & reading product labels like toothpaste
- Make your own tooth powder,
- Constantine's 3-Legged Stool: How to select remedies
- Homeopathic remedies studied in this unit: *Chamomilla*, *Ruta grav*, *Hypericum*

Unit 5: Run Like Someone Left the Gate Open

In this unit, one of the cows on the farm develops a terrible infection--yikes! Dig into top medicines that can help skin infections, and how to handle injuries with intelligence:

- Unit 5 clean food discussion: Golden eggs are pasture raised & free range!
- Making Calendula tincture,
- Wound care,
- Building a holistic first-aid kit,
- Practice selecting first-aid homeopathic remedies,
- Homeopathic remedies studied in this unit: *Hepar sulph*, *Pyrogenium*, *Gun powder*

Unit 6: A Box Full of Bees

In this exciting unit we cover the painful condition of sun burns and we also learn about some amazing homeopathic remedies that can be used on plants in the garden!

- Unit 6 clean food discussion: Benefits of lemons & water!
- Making comfrey tea for your garden,
- Sunbar recipe (alternative to sunscreen),
- Learning about how to remove a tick from the skin,
- Being wise consumers & researching ingredients,
- Sunscreen: Thinking about ingredients & reading labels,
- Top remedies for homeopathy in the garden,
- Homeopathic remedies studied in this unit: *Cantharis* and *Urtica urens*

Unit 7: Boom! Pow!

This unit promises to be a fiery one--literally. Evie and her siblings welcome the American Holiday--Independence Day--and they ring it in with an explosive incident.

- Unit 7 clean food discussion: The benefits of coconut oil
- Did you know? There are several homeopathic remedy materials hidden in a matchstick?
- The interesting chemistry behind materials that are also homeopathic remedies: *Sulphur, Phosphorous, & Gunpowder!*
- Homeopathic remedies studied in this unit: *Sulphur* and *Phosphorous*

Unit 8: A Teaspoon of Honey

In this unit, Evie catches an awful skin-related ailment, but she's not the only one! Her dad also faces his own skin-related troubles. In light of these challenges, we learn about selecting remedies for a set of symptoms.

- Unit 8 clean food discussion: Benefits of apple cider vinegar!
- Learning more about taking a case by learning about a homeopath from history: Boenninghausen
- Identifying poison ivy, poison oak, and poison sumac,
- Why suppressing illness is so problematic,
- Make jewelweed salve--an excellent herbal remedy for poison ivy!
- Being wise consumers & researching ingredients,
- Sunscreen: Thinking about ingredients & reading labels,
- Top remedies for homeopathy in the garden,
- Homeopathic remedies studied in this unit: *Graphites, Mercurius, Anacardium, and Thuja*

Unit 9: Evie's Homeopathy Homestead

Here, Evie reaches the end of her time at her Grandmother's homestead. She's able to help her dog ,who seems to be sick with a tummy bug; she helps with a spider bite; and she even dabbles in a new herb. The lessons Evie has learned during her time on the homestead are now part of who she is and all she knows.

- Unit 9 clean food discussion: The benefits of raw milk
- How to use homeopathy for spider bites
- Identifying different spiders and their webs
- Identifying and preparing an herbal plantain poultice
- Vomiting and stomach ailments
- More case-taking practice using Boenninghausen's X Diagram
- Homeopathic remedies studied in this unit: *Ipecac, Veratrum Album, and Pulsatilla*

TEACHING TIPS



Lessons: This curriculum is divided into twenty-seven lessons. If taught once a week, the curriculum will take a short academic year to complete. If it is taught twice a week, it will take one short semester to complete.

Narration: After reading the story in the lesson, you will have an opportunity to hold a discussion and we recommend beginning with a student narration. Student narration is an opportunity for the teacher to assess the student's learning as he or she recites back to the teacher what happened in the story. You don't have to wait until the entire segment outlined in the lesson is completed before you pause for a quick narration session. You can read a page or so and pause to check understanding. Try not to re-read too often so that you can encourage the good habit of paying attention.

When a student is narrating back to you, try not to interrupt them. Interestingly, this process is similar to homeopathic case-taking. The reason you shouldn't interrupt too much is because the child is learning as they're talking to you. They may make mistakes as they try to formulate their thoughts, but let them work it out as they express to you what they learned. Additionally, you don't want students to simply parrot back what you read to them. They need to create meaning by explaining what they learned in their own words. Once again, this parallels homeopathic case-taking!

Discussion Questions: After each read-aloud session, you will have an opportunity to ask open-ended questions to your students. Do not feel like you need to ask them all of the questions listed. They are only there to help your students think about the story. To understand how to use these questions with your students, one must first understand a little bit about Socratic discussions. Socratic discussions are a type of discussion, often based on an original text (e.g., a story or demonstration) where teachers ask open-ended questions. Within the context of the discussion, students are encouraged to listen closely to the answers and statements of others and think critically about the responses being made to their peers' statements. In turn, students then articulate their own thoughts and responses to the thoughts of others.

In a true Socratic discussion, there are often many right answers to one question. The true value in Socratic discussion is to listen to your students and continually prod and question them to think deeper and elevate their own answers. Your questions should not direct students to give the answer you have in your mind. Indeed, you will see that students often will not provide the answer you intended. As teachers, we are not looking for one single right answer; rather, we must seek to draw out students' true answers that come from within them about the concepts they're studying.

Skipping Lessons: In this curriculum there are a few instances where the teacher may find the material too difficult for younger students. If your students span many ages, you may use your discretion as to how you will involve the younger group. For example, you may give younger students a 'day off' and teach the lesson to only the older group. Or the younger students can play quietly nearby while you are teaching. It is amazing how much they pick up when you don't think they are listening.

Understanding the Read-Aloud Genre: If your children and students are not reaching, then they are not learning. C.S. Lewis once said that “no book is really worth reading at the age of ten which is not equally—and often far more—worth reading at the age of fifty and beyond.” This book is considered a family read-aloud book and is designed for students ages six to ninety-six. It is intended to be either read aloud by the parent or teacher or to be listened to via the optional audio version. Listening to the stories exposes students to more complex lessons and higher-level information. At the same time, reading aloud strengthens family bonding. Reading together as a family is not only something that should be done with young children but should continue for a lifetime. Family read-aloud time has been a beloved activity for decades, long before our internet and media days, and it has tremendous benefits for families and classrooms. If this kind of education is new to you, it is highly recommended that you listen to Andrew Pudewa’s speech “Nurturing Competent Communicators.”^{iv}

Length: Each read-aloud session is broken up into units that take an average of thirty-five minutes to complete. Occasionally, read-aloud sessions are shorter or longer.

A Successful Read-Aloud Session: Expecting children to listen quietly isn’t necessarily a recipe for success during read-aloud time. Think ahead about your reading time so that your children and students are ready! Consider doing read-aloud time after you’ve had some physical activity. You can even combine read-aloud time with snack time! Suggestions for activities that keep fidgety fingers busy are listed in the next section.

Read-Aloud Time Materials (Optional): The following items are ideas for you to use when you are reading *Evie and the Golden Homestead*. These can be great ways to get very young or squirrely kids to settle down and listen to the story.

Playdough	Snack
Sheets of paper and crayons/pencils	Breakfast, lunch, or dinner
Lego	Threading beads
Sewing or needlepoint	Tangrams
Puzzles	Friendship bracelets
Pipe cleaners	Origami paper
Blocks or wooden people	Handwriting sheets
Beeswax modeling	A pet to cuddle with (e.g., a chicken or a kitten)

Homeopathy Memory Work Music: An important component of teaching children homeopathy is helping them memorize the keynote symptoms and basic foundational principles in homeopathy. Throughout this Teacher’s Manual, you will find opportunities to have students listen to and learn this important Memory Work Music. We currently offer a music album featuring the remedies from our initial program. Although some remedies from this new program are included in our first album, we are working on a second album that will cover the 19 new remedies introduced in the this latest program. You can get our first album at: PaolaBrown.com/Music

Online Teacher’s Area: Throughout the Teacher’s Manual, you will find many references to the [Online Teacher’s Area](#), which includes videos that have either been created by Paola or curated from the internet for enhanced learning experiences. It also includes direct links for materials you can use in your hands-on activities and additional resources. This area is always growing, and new materials may be added which are not specifically mentioned in this book! Visit PaolaBrown.com to access the [Online Teacher’s Area](#).

iv Andrew Pudewa, “Nurturing Competent Communicators.” (Institute for Excellence in Writing, 2015), <https://iew.com/shop/products/nurturing-competent-communicators-andrew-pudewa>. Accessed October 5, 2019.

Online Discussion Group: Anyone who has ever worked with students and children knows that sometimes you need to get together with other 'Momeopaths' (moms who are learning homeopathy) to overcome challenges, troubleshoot, and get fresh inspiration. This discussion group will be just for you! It offers you an opportunity to connect with others, exchange ideas, and help one another become better teachers of homeopathy to your family and children. To join this free group, go to: <https://www.facebook.com/groups/teachmehealthandhomeopathy/>



MATERIALS FOR THE COURSE:



Teach Me Health and Homeopathy: Evie and the Golden Homestead Curriculum Bundle:

Access Online:

- o Evie and the Golden Homestead
- o Teacher's Manual
- o Student Workbook - Select the levels you need. Choose from Level 1: Grades 1-3, Level 2: Grades 4-8, Level 3: Grades 9-12.

- o **Online Teacher's Area (included with Teacher's Manual purchase)**
Includes lifetime access to the [Online Teacher's Area](#), which includes instructional materials and videos made especially for this curriculum as well as curated videos from other resources.

- o **Teacher's Discussion Group (included with Teacher's Manual purchase)**
Don't forget that you can access our discussion group to interact and share ideas with other families who are learning homeopathy together. Together we will improve our teaching and support one another along this incredible journey.

- o **Homeopathy Memory Work Music (coming soon!)**
The music helps students memorize important principles of homeopathic medicine and the keynotes for individual homeopathic remedies.

- o **Digital Remedy Flashcards and Memory Games (included with Bundle purchase)**
PDF files of gorgeous watercolor prints are provided for this helpful learning tool. They will help students memorize remedies and their keynotes while having fun! For added durability, it's recommended to print these onto nice cardstock paper (or perhaps watercolor paper), or laminate them.

- o **Vocabulary and Reading Guide for 8th Grade Students and Up (included with Bundle purchase)**
For parents who want to assign Evie and the Golden Homestead as an independent reading assignment for their older students, they can provide students with this assignment booklet.

Materials from Home:

The Teacher's Manual provides many opportunities for hands-on activities. Please review the Materials Needed box found at the beginning of each lesson in the Teacher's Manual and Student Workbook activity. Remember, the [Online Teacher's Area](#) provides reference links for where to purchase many of the items for the lessons.

DISCUSSION WITH THE AUTHOR!



Would you like the author, Paola Brown, to come speak to your group—either in person or via an online video call? Paola is available for full-length presentations or quick Q&A sessions. She can share experiences and information about a wide variety of topics... from homeopathy stories that didn't make it into the book to writing workshops which help students write their own stories. Paola can even tell the real-life version of the childhood stories you read about in her book, *Evie and the Golden Homestead!* An engaging and delightful speaker with years of teaching both academic English and homeopathy, Paola's presentation to your group promises to be memorable, inspiring, and best of all, FUN for all students, ages 6-96! To make an appointment and to learn about fees, please visit: PaolaBrown.com/AuthorTime