



Program for Self-Esteem

The Manadoob Program for Self-Esteem is an essential educational tool allowing all children ages 7-12 to face the challenges in the world today, and empowering them to do the right thing. Some of these challenges include:

- Bullying
- Death or Divorce of a Parent
- Test Anxiety
- Managing Stress in a Fast-Paced World
- Childhood Obesity
- Animal Welfare
- Social Anxiety

What is the Manadoob Program for Self-Esteem?

The Manadoob Program for Self-Esteem teaches children self-esteem while enhancing their reading and writing skills through the use of story, craft and individualized interpretation. The characters, both human and animal, celebrate diversity and inclusion, instilling a sense of belonging in children while creating a non-threatening environment in which they can share and explore.

The Manadoob **Novel and Moobia Stones** offer children the gift of entertainment and self-awareness. The Manadoob **Ask-It Workbook** is the perfect "hands on" resource in the Manadoob Program for children. The Workbook includes 28 chapters with over 80 lessons and activities that can be completed within the school year. Each class works at its own pace allowing the children all the time they need to read, think, talk, dream and answer questions thoughtfully. The Program provides curriculum opportunities in language arts, reading and vocabulary, social science, theatre arts, research, experimental activities and community outreach.

Who are The Manadoob?

The Manadoob are an odd bunch of magical misfit animals who will help kids discover that belief in themselves is the most important gift they can ever receive. They can face their fears and worries; be strong and successful; and achieve what they want in their lives. The Manadoob can keep kids' secrets, give them love and attention, and help them cope with tough situations. Using their cherished **Moobia Stones** to deliver messages of advice and encouragement, the Manadoob ask kids to sadiki – to believe in themselves.

School Curriculum

It has taken over a decade to develop the Manadoob Program and the participation of respected educators, child psychologists, psychiatrists and humane educators has helped to make the Program an exceptional tool in helping children. As an alternative to the Educator's Program, **The Manadoob Program for Self-Esteem** can be used as an approved curriculum in public or private schools.

The Manadoob Educator's Program

The Manadoob Educator's Program allows teachers and facilitators to make a supplemental income while enriching children's lives. Educators use the tools provided by **The Manadoob Program for Self-Esteem** to help children improve self-esteem and connect with others, while they learn self-confidence, self-reliance and values.

For more information about our program please visit our website at www.manadoob.com or you may contact us personally at: june@manadoob.com, susan@manadoob.com , or nancy@manadoob.com

