



## GENERATION WELLNESS® TOOLKIT

100+ resources that K-12 educators access with the click of a button.

We do the prep work. You teach. Students learn. Everyone thrives.

### WHY THIS TOOLKIT IS NEEDED:

The Generation Wellness® Toolkit offers a fresh and completely different approach created for today's students and schools. Built for the modern educator who is ready to utilize brain-based tools that create a foundation of wellness, building strong hearts, minds, and bodies. A complete toolkit for teaching the whole child that can be taught alone or alongside other curriculum. The Generation Wellness® Toolkit provides choice and flexibility, allowing you to pick and choose the resources you'd like to use long after and before the training is over.

- Activity Videos
- Audio Relaxations
- Classroom Playlist
- Posters
- Sample Lesson Plans
- Success Sheets

More info about the online toolkit: <https://www.generationwellness.app>