



FOUNDATIONAL LEARNING,
ACTIVITY VIDEOS,
AUDIO RELAXATIONS,
JOURNAL PROMPTS,
DAILY ROUTINES

FAMILY WELLNESS TOOLKIT

Decrease stress and increase connection from home.

WHY THIS TOOLKIT IS NEEDED:

All families deserve the opportunity to learn and practice tools for less stress and more success. This online toolkit equips K-12 families with simple activities and daily routines they can access with the click of a button. Strong hearts, minds, and bodies: We are the generation of wellness.

- Foundation Learning
- Activity Videos
- Audio Relaxations
- Journal Prompts
- Daily Routines