

family

WELLNESS KIT

MINDFUL BREATHING • EMPATHY • COMMUNICATION • SUPER SOLVER



COMPANION CLASSROOM

YOU WILL FIND DIGITAL COPIES OF ALL THE MATERIALS IN OUR KITS,
AS WELL AS VIDEOS DEMONSTRATING SOME OF THE ACTIVITIES

INTRODUCTION & WORKBOOK



FAMILY SCHEDULE & CALENDAR

REINFORCEMENT

MINDFUL BREATHING

EMPATHY



COMMUNICATION

SUPER SOLVER



ADDITIONAL RESOURCES