

Free!

# Opportunity to Collaborate with **The Thinking Project** to Support Adolescents!



Our young people are experiencing unprecedented levels of stress, anxiety, and uncertainty.

The Thinking Project promotes resilience and coping skills through engaging lessons, activities and projects to support adolescents to develop important life skills:

1

## MINDFULNESS

Develop concentration, centering, and calming skills.

2

## EMOTIONAL AWARENESS

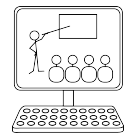
Recognize emotions and how they impact behavior.

3

## INQUIRY

Learn to identify and question thoughts that cause stress and difficulty.

### Partnering with **The Thinking Project**



#### **Educator Training**

Flexible scheduling



#### **Personalized Support**

Available throughout implementation.



#### **Lesson Plans and Materials**

Online and downloadable.

#### **Your Commitment & Feedback**

To beta test our platform

Looking for more information? Go to our website: [www.thethinkingproject.org](http://www.thethinkingproject.org) or email us at: [Rachel@thethinkingproject.org](mailto:Rachel@thethinkingproject.org) or [Korinne@thethinkingproject.org](mailto:Korinne@thethinkingproject.org)

## Flexible Curriculum

Our curriculum allows educators to tailor activities to their students with options to delve more deeply based on student interest.



Inquiry-Based Stress Reduction (IBSR) is a scientifically demonstrated<sup>1,2</sup> method for reducing stress.

We work with students, teachers and families through engaging lessons, activities and projects that support:

- Mindfulness
- Compassionate Leadership
- Equity
- Growth Mindset
- Social-Emotional Skill Development
- Self-Awareness
- Stress Management
- Empathy
- Communication and Awareness of Others
- Problem-Solving and Creative Thinking

### MIDDLE SCHOOL TEACHER

"The program... is a work of incredible depth and represents a commitment to helping as many children as possible access and make sense of their thoughts and emotions. This has helped my students in ways I didn't know how to help them, and I'm so thankful."

### MIDDLE SCHOOL STUDENT

"This has helped me a lot [to] communicate with others. I would recommend it because you learn how to get unstuck."

# FREE

for YOU as we beta test our training platform

In exchange for partnering with us to test out our online training and support platform, you agree to:

- Provide feedback, including student and teacher surveys.
- Commit to fidelity in training and delivery of curriculum.

1. Naomi E, Inbal M, Shahar Lev-ari. Inquiry Based Well-Being: A Novel Third Wave Approach For Enhancing Well-Being and Quality of Life - Mini Review . J Complement Med Alt Healthcare. 2018; 5(1): 555651. DOI: [10.19080/JCMAH.2018.05.555651](https://doi.org/10.19080/JCMAH.2018.05.555651). Web. 13 Sep. 2021

2. van Rhijn, MarieOdiel, Inbal Mitnik, & Shahar Lev-ari. " Inquiry-Based Stress Reduction: Another approach for questioning stressful thoughts and improving psychological well-being." *Medical Research Archives* [Online], 2.1 (2015): n. pag. Web. 13 Sep. 2021