

Implementation Strategies

Each workbook can be easily implemented into a school setting in different ways. When requested, we will provide a virtual orientation seminar for the faculty to dive deeper into implementation strategies and answer any questions.

Classroom Instruction

- A daily or weekly reflection, where the students are offered time to go through the workbook on their own. It is highly recommended that workbooks are reviewed by a trained professional regularly to monitor if a student is at-risk or needs mental health support.
- A group discussion, where the students go through the workbook together, read through it together, and discuss proposed activities.
- A combined feature where the students can read informational pages out loud and then have quiet time to engage in practice exercises on their own. The exercises can then be opened for discussion from any students who are interested in sharing. It is highly recommended that workbooks are reviewed by a trained professional regularly to monitor if a student is at-risk or needs mental health support.
- Audiobook format can read the book to the students and they can follow along and complete the exercises. This can be an alternative to the teacher reading the book out loud or the students reading out loud.

Guidance Counselor Resource

- When a student comes in and needs help building coping skills, expressing their emotions, building self-esteem, or reaching out for help, the counselor can send them home with the appropriate workbook for their parents to go through with them, to do it individually, or go through the workbook with them. It is highly recommended that workbooks are reviewed by a parent or trained professional regularly to monitor if a student is at-risk or needs additional mental health support.

Available Formats

- Paperback
- E-book
- Audio book