

Self-Care Toolkit

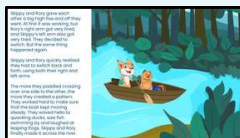
WORKSHOP Gr 1-3 or for families with young children



Partnership Opportunity with YOUTHspeak

Bring this workshop to your school or organization!

AN INSIDE LOOK!



About the Workshop

The Self-Care-ToolKit workshop is a fun, interactive, **youth-led early learning experience** that helps children develop healthy ways to express and manage their emotions. Join characters Rory and Skippy on a guided journey through the forest where they learn coping tools to navigate challenges they face along the way.

Delivered by trained Youth Facilitators for children and parents/caregivers to engage in an interactive story:

- A guided journey of self-care
- Engaging in easy-to-use coping tools
- Kindness & inclusivity messaging embedded into the storyline



Accompanying digital activity book included.

How This Partnership Works

- Work with us to deliver this workshop for your gr 1-3 students during school or for your families.
- All you have to do is connect with us to plan a date/time.
- Accompanying activity book can be sent in a digital format (included in the workshop price) or a printed version for an additional fee where available.

YOUTH EXPERIENCE. YOUTH VOICE. YOUTH EMPOWERED.