



- **kid-grit the Curriculum:** SEL/Mindfulness Curriculum: 25-hour program, activities, and action projects. It is only available as a hard copy, K-12.
 - Available in Spanish
- **kid-grit the Activity Guide** includes: 12 activities, 12 hours of content, a 2-hour training and one coaching session
- **kid-grit Social Emotional Learning Worksheet Packets and Training** (for individual students with no access to Wi-Fi or digital devices)
 - K-5
 - 6-12
 - Available in Spanish
- **kid-grit Staff Social Emotional Learning and Wellness Professional Development:** Virtual Trainings focusing on staff SEL/Wellness. The goals outcomes of these sessions are to keep staff connected, build their own resiliency, and prepare them for working with students by learning new approaches towards self-improvement.
 - Four session packages (4- 2-hour sessions)
- **kid- grit Virtual Trainings and kid- grit Professional Development- In Person:** customized for your organization, school, or program.
- **kid- grit Staff Development & Coaching Virtual or In -Person:** customized for your organization, school, or program.

For more information go to: www.kid-grit.com

or

Contact us here: info@kid-grit.com