



GENERATION WELLNESS APP

100+ resources that K-12 educators access with the click of a button.

We do the prep work. You teach. Students learn. Everyone thrives.

WHY THIS TOOLKIT IS NEEDED:

The Generation Wellness App offers a fresh and completely different approach created for today's students and schools. Built for the modern educator who is ready to utilize brain-based tools that create a foundation of wellness, building strong hearts, minds, and bodies. A complete toolkit for teaching the whole child that can be taught alone or alongside other curriculum. The Generation Wellness App provides choice and flexibility, allowing you to pick and choose the resources you'd like to use long after and before the training is over.

- Activity Videos
- Audio Relaxations
- Classroom Playlist
- Posters
- Sample Lesson Plans
- Success Sheets