

# grit.

*in school*



2022 / 2023



## **who:**

We are Grit Vancouver, a local program that gives kids + youth the tools they need to have a healthier, happier brain and increased resilience in facing stress.

We have been running workshops in mental health throughout B.C. for 5 years with over 22 years experience teaching kids.

## **what:**

Grit teaches kids that they can be in charge of how their brain works through simple neuro-science.

It teaches them to self-regulate. It teaches them about how to manage hard emotions.

It teaches them to be kind, empathetic humans who are intentional and thoughtful in all their actions.

## **how:**

Through mindful activities, science-based meditation and no-nonsense chats about being the best version of ourselves, we teach in a light-hearted, fast-paced format with a good dose of hands-on activity.

## **why:**

The increase in mental illness (anxiety, depression, ADHD, OCD, disordered eating) has significantly increased in the last 10 years and the COVID 19 pandemic has exacerbated the spike. We need to give kids the tools at an early age so that daily stress does not turn into a mental disorder.

Meditation and mindful activities have been scientifically proven to increase mental well-being, which benefits not only the student, but their surrounding community.

*"I've had Grit workshops in my classroom for the last two years and have always found them to be the highlight of the week. The kids leave the workshop feeling calm, centered and empowered. The focus on mental health is exactly what we all need right now.*

*Their workshops are always safe, inclusive and engaging."*

Kailee Deacon, Grade 5 teacher, Brockton School - North Vancouver



## **where:**

In-school Grit is the optimum setting for our workshops. Not only are we able to reach all genders and kids whose families might not normally register for our programs, but we can help a classroom that is struggling with inter-personal issues. And alternatively, we can set a classroom up for success at the beginning of the year with mindful practices that allow for self-regulation, empathy and inclusivity.

And finally, Grit can give an over-whelmed teacher a chance to sit quietly, meditate with us, and return to baseline in order to best serve the class.

## **when:**

We run 4-week 1hr/wk workshops (and are flexible for other time-frames).

Workshops would include 1 classroom of students for the same 4 weeks.

Suitable for grades 4-7.

Cost: \$500/4wk workshop.

### ***Typical topics covered in 4-wk workshop:***

- Basic brain-health + anxiety (how meditation can give us a better brain)
- Friendships + Empathy + Relational Aggression + Assertiveness
- Values + Gratitude
- How to be the best version of ourselves.

Please contact [alix@gritmeditation.ca](mailto:alix@gritmeditation.ca) for more details and to book your school in for 2022/2023 year.

**grit.**  
*in school*