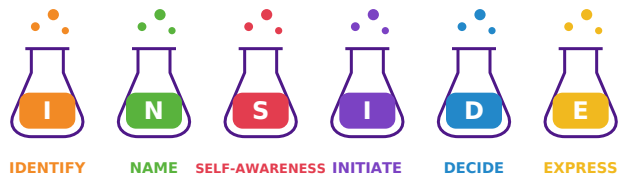




INSIDE OUT

in real life



REAL LIFE

Inside My Path to Joy™

SOCIAL-EMOTIONAL LEARNING (SEL) ALIGNED

TRAUMA-INFORMED • PREVENTION-FOCUSED • SIX-WEEK PATH TO JOY • AGES 8-15

ONE MISSION. TWO PURPOSE-BUILT EDITIONS.

Separate Girls' and Boys' Edition workbooks make the shared INSIDE Method™ relevant to how each group understands emotions, practices healthy coping, communicates, and grows.

GIRLS' EDITION

AGES 8-15

When girls heal inside, they lead outside with confidence.

- Emotional awareness and confidence
- Healthy coping and communication
- Identity, resilience, and leadership

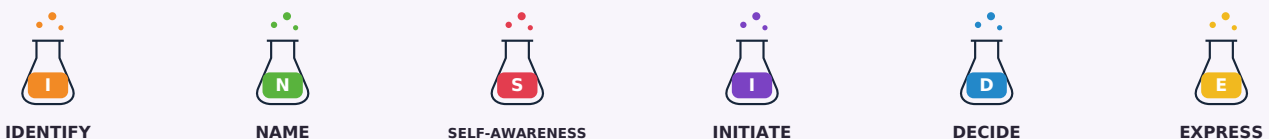
BOYS' EDITION

AGES 8-15

When boys understand themselves inside, they lead outside with purpose.

- Emotions understood as information
- Healthy choices and communication
- Confidence, purpose, and leadership

THE SHARED INSIDE METHOD™



CASEL COMPETENCIES: SELF-AWARENESS • SELF-MANAGEMENT • SOCIAL AWARENESS • RELATIONSHIP SKILLS • RESPONSIBLE DECISION-MAKING

SCHOOL-DAY • AFTER-SCHOOL • SUMMER • MENTORING • COMMUNITY

Let's explore your students' needs in a 30-minute conversation.

Prevention-focused education - not therapy, counseling, diagnosis, crisis intervention, or medical treatment.