reNEWed Jr.

powered by variety detroit the children's charity

AN ALLIANCE OF COALITIONS FOR HEALTHY COMMUNITIES PROGRAM

The Alliance of Coalitions for Healthy Communities offers ReNEWed Jr., a program for 2nd - 4th grade elementary school aged children that is designed to provide students with tools for dealing with stress, anxiety, and other difficult feelings. The program covers subjects focused on how to cope with difficult emotions, positive ways to address feelings, healthy/unhealthy relationships and appropriate and helpful communication skills.

This program consists of three, 45-minute lessons that can be implemented individually or as a collective.



For more information, please contact us at (248) 221-7101 or info@alliancemi.org

ALLIANCE OF COALITIONS for Healthy Communities

Lesson 1:
Find Your Calm



Students will learn how to identify difficult emotions, the importance of acknowledging difficult feelings and healthy coping skills. They will have the opportunity to practice new techniques to help with handling difficult feelings and emotions.



Lesson 2:
Unhealthy Friendships

Students learn the different characteristics that create an unhealthy friendship as well as learning about bullying and cyberbullying.

Lesson 3:
Healthy Friendships



Students learn the different characteristics that make up healthy friendships, including how to become better at communicating and setting healthy boundaries.



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