



WELCOME!

OUR SERVICES



SEL CURRICULA

Pre-K
K-2nd Grade
3rd-5th Grade
School Counselor (Pre-K - 5th Grade)



WORKSHOPS

On-Demand and Live options
Free consultation hours



HOME CONNECTIONS

Every tool is shared with families to engage them in this process of social-emotional learning and growth.

Kind Mind is an Evidence-Based, CASEL-aligned SEL Program

FREE TRIAL

[SCHEDULE a call here](#) for a free trial

IMPACT

Read more about our research and [IMPACT here>>>](#)

PRICING

[Submit a request here](#) for a customized proposal to meet the need of your community



Social-Emotional Learning Curricula

What's Included:



Printed Materials for the Classroom

We carefully package everything you need to start using your toolkit materials right away, and provide the highest quality for your classroom use.

- Daily Rhythm
- Emotions Posters
- Affirmation Cards
- Breath Guide Cards
- Connections Calendar
- Stickers, squishy balls, and magnets
- Teacher Rituals
- Teacher Affirmation Cards
- Moveable wall decal
- Wall hooks, rings, and adhesive



Online Course & Lesson Portal

This evidence-based program slowly introduces simple, daily practices that build resilience within, and together as a community.

- **Pre-K - 5th Grade Lessons** - lessons, student journals, practice tools, audio collection, coloring pages, calming transition activities
- **Professional Learning** - engaging videos, tutorials, and planning guides to make implementation seamless and impactful.



BONUS Transition Activities

Transition activities (3-10 minutes) to promote resilience, connection, and self-awareness.



Home Connections

Materials to be shared with families via email or printed, for home engagement and connection.



Live Consultation Hours

We are here to support you and your teachers to make this program a success and offer up to 4 hours of consultation each year for our partners.

PROGRAM BENEFITS

FOR TEACHERS

Easy-to-Use Online Portal



Professional Development (on-demand & live)



Lesson Planning and Discussion Guides - group learning



Increased Self-Compassion and Regulation Skills



Embodiment of SEL



FOR STUDENTS

Engaging Lessons & Activities



Practical Approach to SEL



Self-Efficacy to Emotionally Regulate



Trauma Sensitive Imagery and Practice Tools



Builds Compassion and Empathy



FOR FAMILIES

Materials and Practice Tools shared for Home Connection



FOR ADMINISTRATORS

SEL Assessment Tool



Translation Services



Progress Reports (teachers earn CEUs)



WHAT'S INCLUDED:

TOOLKIT SHIPPED TO YOU

Classroom Wall Display



Classroom Posters



Practice Card Decks - emotional regulation



Teacher Practice Cards - co-regulation



Stickers, Sensory Tools, Magnets



Instructions, adhesive, hooks, rings



ONLINE PORTAL

Professional Learning Videos & Tutorials



Lesson Plans and Lesson Guides



Group Discussion Guides - Teachers



Classroom Lessons



Student Journals



Transition Activities



Guided Audio Collection/Music



Home Engagement Materials & Practices



Translation Services



SEL Assessment Tool



COMMUNITY PRACTICE



Live Workshops



Consultation Services



COST

\$398 to \$2,399

\$499 - \$4,095

N/A

\$889

\$499 - \$7,499

N/A



KIND MIND SIGNIFICANTLY **REDUCES:**

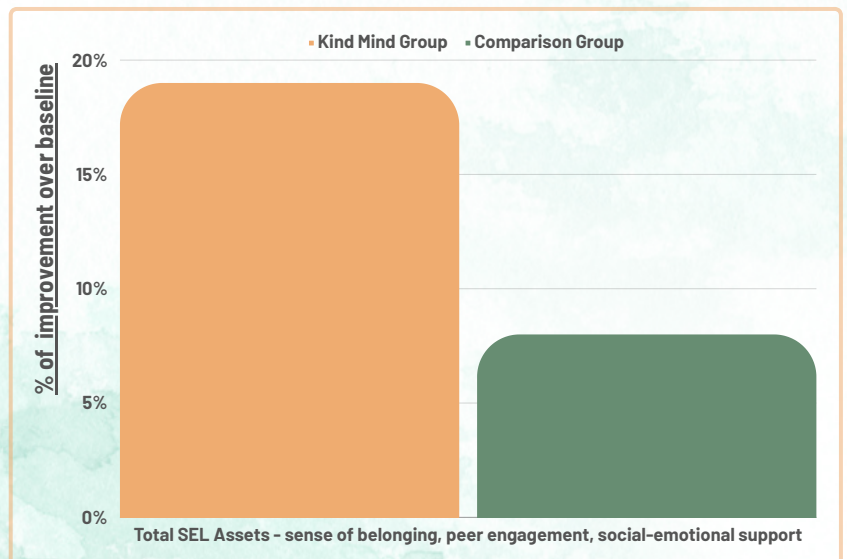


- Emotional Difficulties & Distress
- Conduct Problems
- Focus Difficulties/ADHD Symptoms



KIND MIND SIGNIFICANTLY **IMPROVES:**

- **Total SEL Assets**
 - social-emotional support
 - peer engagement
 - sense of belonging





Teacher Testimonials

Teachers describe Kind Mind portals and content to be, "well-organized, engaging, and easy to implement in a busy school day."



"I feel like Kind Mind's activities are a huge benefit to our learning environment. I feel like it helped create a safe and loving classroom."



"By far this is the preferred of SEL curriculum I've used."



"These past years have felt overwhelming and I have found myself taking a moment when I am starting to get frustrated to breath or recite an affirmation to myself."

"Kids are so engaged in the lessons and activities. I have supplemented Kind Mind with other SEL curricula."



"Students are noticing others' feelings more this year than I recall in other years. They are checking in on each other."



Student Testimonials

Pre-K - 5th Grade Students



"Usually I am nervous to share my feelings, but I felt safe doing it this way"

"I used my breaths at night when I felt worried about my grandfather who has covid."

"I taught my mom the Restore Breath"



"I feel calm and happy after I take my breaths."

"Kind Mind taught me how to love and believe in myself."

"I feel brave when I have feelings"



"My heart was beating, my body was wiggling. I took a deep breath."

"I used breathing when I was at home and couldn't stop crying."

"Kind Mind teaches me to have hope and that I am loved."

"Kind Mind teaches me that I can be the person I want to be."



"Kind Mind teaches me how to find my breath."



Parent Testimonials



Parents describe Kind Mind materials to be engaging, relatable, and easy to digest.



"Kind Mind videos and materials are so relatable, easy to digest, and offer great strategies that we can simply use throughout the week."



"I found Kind Mind's toolkit engaging and learned so many tips on how to relate to my children. Having compassion is something we tend to forget when it comes to our kids. I am excited to use these new techniques!"



"I love the beautiful and simple audio meditations for my 4 and 7-year-old. Provides us with an easy way to connect, calm our bodies and reset our day."

"My daughter taught us all about affirmations. We say affirmations every day. She loves it."

