

## H.O.P.E

During times of uncertainty, we want to come along side you as a resource for helping with mental health and wellness! Building relationships and connecting with others is essential. There is **hope** and time to help others people (yourself included) everyday! One of the most essential ways to do that is through actively listening and affirming one another. Also by taking time for yourself in this stressful time.



### Our goal at Dignity Revolution is to partner with you maximizing the positive impact you have on the lives of youth!

Did you use the [Parent Resource Guide](#) or [Dice Game](#) last week? How did it go? We'd love your feedback! Email us at [Ken@DignityPledge.com](mailto:Ken@DignityPledge.com).

Each week we are going to be giving a new lesson away to help infuse at home! We don't want to add more to your plate as we know you are full but we want to give you skills to help and a video that goes along with this activity.

### Who needs some encouragement?

During this time it is easy to find the negative things that our families are doing. This week we want you to experience our [encouragement bubble challenge](#). Take time to write an encouraging word or text to one another by writing down 5 [positive attributes](#) or words for EACH family member! Display these on your wall as a reminder of the things we love about one another.

### See you next THURSDAY with another lesson!

In the meantime we are here for you. Reach out as we would love to connect! Check us out on social media, we're on Facebook and Instagram!



STANDING UP FOR THE VALUE OF EVERY PERSON

Dignity Revolution is a K-12 comprehensive, educational program that fosters positive cultural change in schools and entire communities. This program addresses critical emotional and social competencies necessary for academic success such as understanding emotions, self-management, responsible decision-making, and interpersonal relationship skills.

The program includes three components:

 **Dignity Revolution Assemblies**  
featuring Bob Lenz, International Speaker and Author (Grades 6-12) and AJ the Animated Illusionist (Grades K-5)

 **Dignity Revolution Training**  
featuring Deborah L. Tackmann, National Teacher Hall of Fame Inductee and National Presenter

 **Dignity Revolution Challenge**  
a K-12 customizable, evidence-based curriculum with hands-on interactive lessons critical to foster the mental health and wellness of our students



**Ken Vogel, Development Coordinator for Dignity Revolution, is an asset who can help bring Dignity Revolution to your community. You are invited to connect with him at [Ken@DignityPledge.com](mailto:Ken@DignityPledge.com)**

**Again, thank you for your impact on youth! For more information visit [DignityPledge.com](http://DignityPledge.com).**

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