

We want to take steps to come along side in helping in the mental health and wellness of our youth and our nation! We are in unbridled times, those of us working with students no longer have the luxury of having them directly in front of us. Our goal at Dignity Revolution (DR) is to partner with you maximizing the positive impact you have on the lives of youth! How can we at DR help you with the mental and emotional wellness of your students? Here are a few ways DR has already come up with:

1. We have attached our [Parent Resoucre Guide](#) for your use. Send this parenting resource home or use it in your home to encourage social and emotional learning strategies by sharing emotions and converstaions.
2. 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. Check us out on socail media platforms and keep in touch. Today we want to start with a few dinner conversations to check in with our students. You can use the [Dice Game](#) in the resources above or have students share a high and a low from the day.

We are here for you. Reach out as we would love to connect!

Dice
Game



1: Insignificant	10: Anxious
2: Remorseful	11: Courageous
3: Loved	12: Violated
4: Appreciated	13: Adored
5: Scared	14: Grateful
6: Open	15: Optimistic
7: Defensive	16: Revengeful
8: Embarrassed	17: Ignored
9: Uplifted	18: Angry



Dinner Conversation Starters

What was the silliest thing that happened today?

What is one thing you are thankful for?

What is one thing that was hard today?

What was one thing that was unexpected from today?

Did you get outside today? If yes, what did you do?

How can we support you during this time?

What is the hardest adjustment during this time?



Dignity Revolution Assembly (DRA)

Featuring AJ the Animated Illusionist (Grades K-5)
Featuring Bob Lenz international youth communicator (Grades 6-12)



Dignity Revolution Training (DRT)

Featuring Deborah L. Tackmann, B.S., M.E.P.D., National Teacher Hall of Fame Inductee and National Presentor



Dignity Revolution Challenge (DRC)

A K-12 customizable, evidence-based curriculum purposefully aligned with the National Health Standards. DRC has hands-on interactive lessons on mental health and wellness for 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

Again, thank you for your impact on youth! For more information visit DignityPledge.com.

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