

As the coronavirus or any other challenge leads to change and disruption of our daily lives, we need to think about ways to continue supporting children's health, wellbeing, and social-emotional learning.

During this time, it's also critical for us—as school leaders, educators, and parents—to focus on our own social emotional wellbeing as we look to support the social-emotional development of our students at home.

Our team at Dignity Revolution has put together a list of resources to support you during this difficult time. Our intention is to continue updating this list as we come across relevant content.

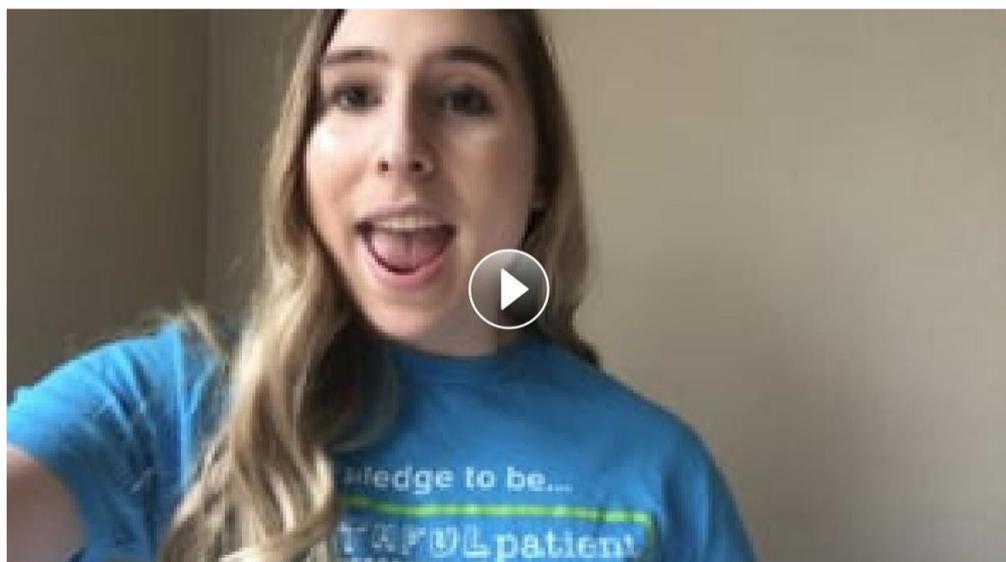
Our goal at Dignity Revolution is to partner with you maximizing the positive impact you have on the lives of youth!

Have you used any of the resources from the past two weeks? Check out www.DignityPledge.com/covid-19 for more resources. Or email us at Ken@DignityPledge.com.

Each week we, at Dignity Revolution, are going to gift you an activity or challenge that are geared to enhance our mental and emotional wellness. These weekly challenges include how to videos, skill building activities and can easily be used with students, family members or other that you connect with.

#MyPledgeWordChallenge

Pick a word out of the [Dignity Pledge](#) and create a 30 - 60 second video using the #MyPledgeWordChallenge and post it on your social media on how you are showing love, kindness, etc during this time.



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



See you next THURSDAY with another lesson!

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

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