

Run the Race

Help Your Students Navigate the Unknown – and Win

The emotional reserves of students are running low, yet they have a race to run—and a race to win. Do your teens know how to capitalize on simple practices that refuel and recharge? Teach them how, lead the way, and do it together. Navigating seasons of crisis, comeback, and recovery requires the ability to cultivate connections, recognize the impact of stress, and reduce cortisol overload. These strategies help students combat anxiety, restlessness, and depression and position people of every age to flourish. **Run the Race Video Series** equips 6th to 12th graders to refuel and recharge in ways they can own. This Social Emotional Learning (SEL) program includes simple, yet powerful hands-on activities and session handouts designed to foster resiliency, create meaningful connection among peers, and position students to thrive.

Distinct Features

- Introduces students (6th-12th grade) to evidence-informed **Restorative Wellness**
- **3-Track Initiative** - impacting students, teachers, and parents
- Student **handout** for each session, which include thought provoking questions and opportunities to set individual goals.
- **Parents letter**, which includes engaging questions for their teen, and video links to view the program
- SEL focused - outcome driven. **Indiana SEL Competencies** include:
 - Insight, Connection, Critical Thinking, Regulation, and Sensory Motor Integration
- Run the Race can be used in the classroom and for **remote learners**
- Indiana Teachers can receive **3 Professional Growth Points** (PGPs) when used in their classroom
- The **Leader's Guide** paves the way for easy implementation
- Designed to impact entire student body in 2021 – 2022

What is included:

- Six videos
- Student handout for each session
- Introduction letter for teachers
- Leader's guide
- Parent letter
- Support from Run Hard. Rest Well.

Outcome Objectives, Students will explore:

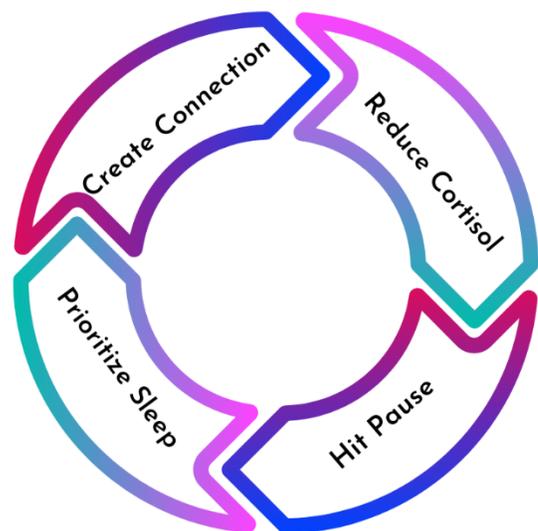
- Creating Connection
- Reducing Cortisol
- Hitting Pause
- Prioritizing Sleep

Students' Feedback

- Why is this not being taught?!
- Surpassed my expectations
- I learned why sleep is so important
- Great. Empowering
- Deep breathing can really calm you
- Freeing. Valuable. Needed.
- I learned I need to take breaks and evaluate myself

Interested? Contact

Brenda Jank at **Run Hard. Rest Well.**
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A Rest That Works – For Educators

Covid-19 is a bucket draining time for those we lead, love, and serve, yet it is full of opportunity. Is your team tired? Do they know how to refuel and recharge? Teach them how, lead the way, and do it together. Equip your staff to keep their buckets full. Simple and strategic, **Restorative Wellness** empowers people to navigate seasons of crisis and recovery by creating a pace and plan that is life giving, transformative, and sustainable. The global turmoil threatening to take us under reminds us that only one thing will make us battle ready. Our souls must be at rest. Compelling, practical, and transformational, **A Rest That Works** seminars and staff retreats are breathing life into teams coast-to-coast, in person and on-line.

Seminars, Staff Retreats, Conferences

- **In Person and On-line** formats for all presentations
- **Seminars and Retreats**
 - 30 – 90 min. Whets the appetite A practical Introduction that captures hearts
 - 2-hours Gets the job done Fun, insightful, transformative, refreshing
 - 3-hours Classic Compelling and reflective, with ready-to-use tools
 - Full-day Premier The extra time adds a powerful punch

What School Staff Are Saying

So grateful! This message is refreshing, and refined. High quality. A joy to experience and now live.

-Administrator

A Rest That Works is life changing! I hope you are able to keep sharing and spreading this message! Thank you. The insights were engaging and applicable. Your practical tips have proven so helpful. My teaching cohort continues to unpack your message. We have been convicted of our need to pursue rest with intentionality. Thanks so much. This message is a gift.

-Teacher

This is exactly what we need to hear that we don't know we need to learn.

-Administrator

So often, when we have these kinds of events, it ticks everyone off because it is such a waste of time. THIS WAS NOT A WASTE OF TIME. Thank you SO much! This is exactly what I needed.

-Teacher

Since our staff enjoyed our Run Hard. Rest Well. retreat, we have all had amazing conversations about the little changes we are all making in our daily routines, and the follow up support has been invaluable. Thank you for inspiring the beginning of these new rhythms, for me personally and for what I already see in my colleagues.

-Administrator

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