

Everything
Connects with



PROJECT: MINDSET

The mental health
of our children
has become more
important now
than at any point
in recent history.

The stresses of both Covid-19, as well as the interruptions to education, have affected students, their families and educators in their everyday lives. **Project: Mindset** is a mental wellness program aimed at 3rd – 5th grade students. Its goal is to give students a framework for incorporating healthy mental behaviors into their daily routine.



The Interactive Program

The interactive program employs live actor-educators in a fun performance. *Project: Mindset* supports students and educators with the following offerings:

- What a fixed or growth mindset is
- How physical health leads to mental health
- The power of “yet”
- How to be mindful every day

Through the use of exciting characters and a compelling storytelling, the interactive portion of the program serves as a focusing event that galvanizes the entire school community. It is a memorable experience the students can call back on throughout the rest of the school year.

The Student/Parent Handbook

In addition to the interactive program, each student will also receive the *Project: Mindset* Student/Parent handbook. The handbook has tons of great information that further explores the topics introduced in the performance. Packed with tips on how families can open up the conversations about mental wellness, the handbook also has specific activities in journaling, self-reflection and personal narrative writing.

NTC is a premium provider of educational programming with operations in the U.S., Australia and New Zealand. We work directly between schools and clients to promote beneficial behaviors and life skills to students in grades K-12 on a local, regional and national level.

Since 1978, we have formed connections and helped develop relationships between thousands of schools and corporations, nonprofits and governmental organizations. Our value is not just in the impact we create; our turnkey services also change the lives and trajectories of students, mobilize parents and entire families with beneficial messages, and cultivate community-wide goodwill for clients.

Find out more at www.ntccorporate.com.

Student Activities and Teacher Toolkit: Playworks.com

Playworks.com serves as the main hub for other fun games and activities as well as hands-on lesson plans for the teachers. The games, activities and lesson plans can be used throughout the year to extend the learning for weeks and months to come.

Animated Videos

These fun, short cartoon animations encapsulate many of the ideas explored in the rest of the program. These bite-sized nuggets of mindfulness help *Project: Mindset* reach even the most reluctant student begin to think about their mental wellness and how they can work together with their friends, teachers and families to build a strong, healthy community.

By offering the *Project: Mindset* program to students, educators and families, you will ensure that students learn the value of a healthy mental outlook and begin the process of checking in with themselves, their friends and families on a daily basis.

As they share this message with your entire community, everyone will be traveling on the same mental-health landscape.



For more information email eeames@ntccorporate.com
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