



# Back2Basics

## Program

Back2Basics is a fun, physically engaging program for kids that teaches resiliency and coping skills they can use in the future. This workshop is designed to encourage alternative problem solving and is structured around activities that are designed to engage different learning styles.

## Goals

Back2Basics is a program designed to educate elementary-age youth on how to develop resilience skills and coping mechanisms that allow them to work through tough situations in a healthy way.

We work on skills like:

- Self Esteem
- Communication
- Teamwork & Problem Solving
- Self-Advocacy
- Emotions & Self-Expression



## FEEDBACK

"We had so much fun, I hope you come back soon to play more learning games with us."

-Elementary School Student

"It was exciting to see my students jump right in, they really connected with the activities."

-Elementary School Teacher