



School Service Descriptions

In-school (Push-In) & After-school Curriculum Focuses Are:

- Project-based/STEM
- Arts-inspired
- Literacy-based
- Team/Classroom-building

Relaxation Sessions for Staff and/or Parents & Caregivers include:

- GG's Campfire
- Yoga & Mindfulness Exercises
- Reflective Journaling & Arts-based Activities
- Healing & Uniting Group Exercises

Staff/Professional Development Topics:

[Key: Elementary (K-5) = E Middle School (6-8) = M]

- Building Children's Self-Esteem through Mindfulness [E]
- Teaching with Trauma-Informed Lenses [E/M]
- Teaching Children Compassionately and with Joy [E]
- Exploring Empathy & Emotions [E]
- Praising Children Effectively [E]
- Brain Breaks for Tweens [M]
- Coping Skills for Tweens [M]
- Nurturing & Neuroscience - Understand Brain Development [E/M]
- Nurturing a Love for Nature [E/M]



- Creating an Eco-Friendly Classroom [E/M]
- Inspiring Generations of Contributors [E/M]

Parent/Caregiver Workshop Topics:

[Key: Elementary (K-5) = E Middle School (6-8) = M]

- Parenting with Joy [E/M]
- Strengthen Your Parenting Skills [E]
- Establishing Healthy Routines for Your Child(ren) [E]
- Effective & Open Communication with Your Child(ren) [E/M]
- Loving Techniques for Exercising Positive & Kind Authority [E/M]
- Recognizing & Nurturing Your Child's Innate Gifts [E/M]
- Building Your Child's Self-Esteem through Positive Parenting [E/M]
- Helping Your Child Relieve Testing Stress with Mindfulness [E/M]
- Create a Kitchen Garden [E/M]
- Make Your Home Eco-Friendly [E/M]
- Connecting with Your Child & Nature [E/M]
- Family Benefits of Locally-sourced & In-season Food [E/M]
- Healthy Cooking on a Budget [E/M]
- Parent & Me Cooking Class [E/M]
- Assessing & Improving Your Family's Overall Health [E/M]
- Fun Relaxation & Mindful Exercises with the Family [E/M]

[Descriptions of workshops available in separate PDF.]



Consulting Classrooms & Curriculum Services:

The wellbeing of educators is vital to nurturing happy, healthy, and thriving school communities. We offer healing consulting sessions for educators who need to reconnect with the joy of teaching or who feel rundown and burnout. In a supportive space, this is a moment for educators to pause, reflect, and create a centered pathway forward. With a self-guided analysis, creative journaling, and SMART goals, educators are guided through exercises to gain clarity and reassess how they can make small, mindful, and concrete action steps to feeling more anchored and fulfilled in the classroom. Sessions can be in-person or virtual.

Keynote Speaking Topics:

- Turning Your Vision into Action
- Reconnecting with Joy in Teaching (Parenting or Leading)
- Rethinking How we Test Children & Measure their Success
- Cultivating a Heart-centered & Holistic Approach to Education
- How Can Public Schools & Classrooms Be Eco-Friendly
- Creating Empowered School Communities to Face Today's Challenges

[We recognize that each school community has its own culture and diverse needs. We are committed to offering holistic, heart-centered, and healing services, and welcome you to call us to discuss customizing a program service to accommodate your unique school community's needs.]



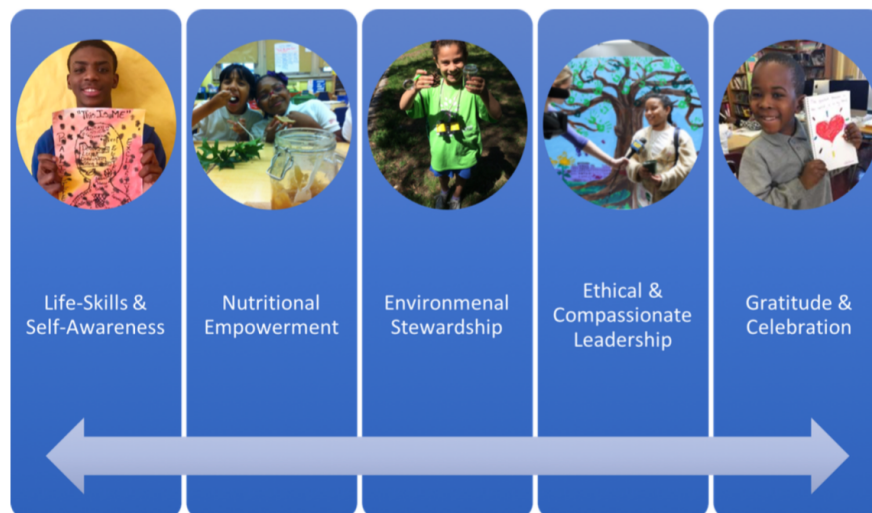
Overview of In-school & After-school Programs

About Us:

Green Generations (GG) is an education nonprofit that partners with schools K-8 with the mission of empowering children with tools to build self-esteem and mindfulness so they grow to be thoughtful contributors in their communities. Our vision is for every child to love who they are, thrive in their community, and contribute to a more just and compassionate world.

The name of our organization, Green Generations, is a reflection of the holistic, intergenerational, and “whole family” approach we take in our programming to accomplish our mission. By equipping children, families, and school communities with essential self-esteem and mindfulness skills we hope inspire generations of thoughtful leaders and contributors to address the challenges we face today.

To achieve our mission, our programs are uniquely structured around five core principles:








These principles help children develop self-esteem, self-care, resilience, and leadership skills, as well as provide the building blocks for making healthy decisions in school and in life.

Through long-term partnerships, we aim to create a ripple effect within the school community culture where children feel nurtured and establish trusting, supportive relationships with GG staff through consistent programming.

Our Team:

Green Generations's facilitators are invested in the school communities they serve and are trained in youth development, mindfulness, whole-child, trauma-informed, and holistic educational practices. GG facilitators are not only educators but mentors who foster long-lasting and trusting relationships so children feel empowered with the skills they need to accomplish their dreams and goals. The GG director conducts bi-monthly visits to the facilitator and schedules periodic meetings with the school administration.

Program Objectives and Benefits:

Self-Esteem & Mindfulness	Thoughtful Contribution & Leadership	Nutritional Empowerment
Children K-8 will:	Children K-8 will:	Children K-8 will:
 Learn essential relaxation and visualization exercises that incorporate mindfulness, yoga, and breath work.	 Develop an understanding of what qualities define a leader and how to be a thoughtful contributor in their school community and beyond.	 Understand how food nourishes our bodies.



<p>🌸 Develop healthier self-esteem, resilience, and coping skills.</p>	<p>✨ Understand the importance of leadership and identify ethical leaders, both children and adults, within their own community and around the world.</p>	<p>🌱 Understand how eating is a social, community-building event.</p>
<p>🌸 Learn responsibility to oneself, community, and the world.</p>	<p>✨ Create an awareness to act locally and think globally.</p>	<p>🌱 Understand the environmental and nutritional value of eating foods grown locally and seasonally.</p>
<p>🌸 Develop conflict-resolution skills and how to create harmonious relationships by learning how to speak from the heart.</p>	<p>✨ Learn how to make daily differences within their school community and understand that children can effect social change.</p>	<p>🌱 Learn how to prepare healthy snacks/smoothies from start-to-finish.</p>
<p>🌸 Understand the importance and value of celebrations – great and small – and expressing gratitude.</p>	<p>✨ Feel empowered and inspired to make positive contributions for the overall health of their community and the planet.</p>	<p>🌱 Become aware of local community gardens and/or city initiatives to support in-season, local farming practices.</p>

Our Workshop Routine:

GG's Campfire & Feeling Stone

GG's Lesson & Activity

GG's Mini-Yoga and/or Mindfulness Exercise

GG's Circle of Love



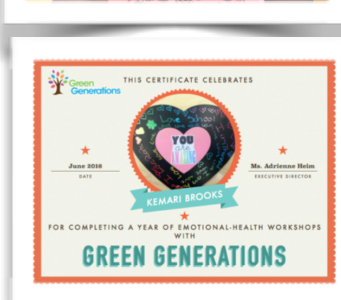
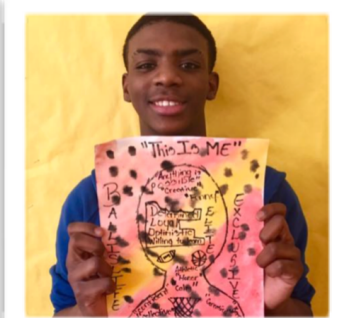
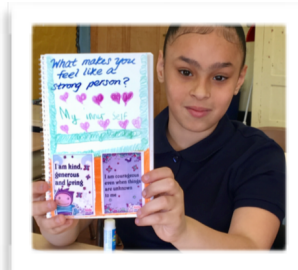
Sample 25-Week Curriculum Outline:

[Key: 🌸 =Self-Esteem 💖 =Connection ✨ =Leadership 🌱 =Nutrition/Nature 🎨 =Arts-based 🔬 =STEM]

- Week 1: Welcome to Green Generations! 🌸 💖
- Week 2: Introduction to GG's Campfire, Promise, and Circle of Love 🌸
- Week 3: Introduction to GG's Celebration & Reflection Journals 🌸 🎨
- Week 4: Exploring Why Mindfulness Matters & Brain-Break Exercises 🌸
- Week 5: Why Yoga? & Mini-Yoga Wellness Retreat – Part I 🌸 💖
- Week 6: Nutrition: Healthy, Homemade Snacks & Smoothies 🌱 🔬
- Week 7: Exploring Self-Awareness & Creating a Calming Toolbox 🌸 🎨
- Week 8: Celebration of Self: Affirmations Project - Part I 🌸 🎨
- Week 9: Celebration of Self: Self-Portrait Project - Part II 🌸 🎨
- Week 10: Understanding & Honoring Your Emotions & Feelings 🌸 🎨
- Week 11: Speaking from the Heart & Establishing Safe Spaces 🌸 💖
- Week 12: Nutrition: Healthy, Homemade Snacks & Smoothies 🌱 🔬
- Week 13: Celebration of Self: Story of Me Project 🌸 🎨
- Week 14: Celebration of Self: Story of Me Project 🌸 🎨
- Week 15: Environmental Stewards: Water Protectors 🌱 🔬
- Week 16: Environmental Stewards: Water Protectors 🌱 🔬
- Week 17: More Yoga & Mini-Yoga Wellness Retreat – Part II 🌸 💖



- Week 18: Nutrition: Healthy, Homemade Snacks & Smoothies 💖💖🌱🔬
- Week 19: What's Thoughtful Leadership & Exploring Inspiring Leaders ✨🎨
- Week 20: Contributions to Your Community: Mandala Project 💖💖✨🎨
- Week 21: Contributions to Your Community: Mandala Project 💖💖✨🎨
- Week 22: Leadership Project: School Beautification/PPT/Fundraising 🌸✨🌱🎨🔬
- Week 23: Leadership Project: School Beautification/PPT/Fundraising 🌸✨🌱🎨🔬
- Week 24: Leadership Project: School Beautification/PPT/Fundraising 🌸✨🌱🎨🔬
- Week 25: Celebration & Presentation to Showcase Project(s) 🌸💖💖✨🌱





Push-In Model:

We are invested in nurturing and growing engaging, joyful and respectful partnerships between our GG facilitators and the classroom educators. With the push-in model, our facilitators visit classrooms for a period at a time twice a week. We request that school administrators partner our GG facilitators with classroom educators who have an invested interest and enthusiasm in our program. If needed, we can provide surveys to help with that selection process. At the beginning of every school year, our team will meet with assigned classroom educators to share our program, vision, and partnership goals. We will have mid-year check-ins and request that educators fill-out a brief survey at the conclusion of our program.

Our push-in workshops are literacy-based, hands-on, and STEAM-inspired depending on the workshop theme. For example, we use many books that inspire and support our self-esteem curriculum. We incorporate hands-on science projects, as well as arts and crafts activities, which provide a gateway for active learning and discussing. At the conclusion of the 15 weeks, the cohort of children will select a student-driven ethical leadership project. This year's theme will be "school beautification and inspiration" and they will work together from conception to implementation. Together they will also select a local or global charity focused on an environmental issue of their choosing (e.g. how water affects children around the world or focus on an endangered species) and design a fundraising project to educate the school community and funds to be donated to the charity of their choosing. Each child will also be responsible for researching and presenting a slide in the end-of-the-year PowerPoint Presentation to showcase their favorite ethical leaders.

After-School Model:

Green Generations partners with schools to provide an after-school program for a cohort of 15-24 children (dependent on # of facilitators available) from third through fifth grade. By keeping groups small, we foster trusting relationships between facilitator and child, which is paramount to a child's overall wellbeing as well as nurturing each child's unique gifts, talents, and potential. Using a structured, holistic, whole-child workshop model, we work with children twice a week to provide workshops focused on self-esteem, ethical leadership, and mindfulness education. Our after-school program is engaging, fun, and relaxed.



Every GG after-school workshop includes a healthy organic snack, a relaxation exercise, the GG lesson, and conclude with GG's "Circle of Love," a lesson debrief and a lesson extension (for example, ask a family member who inspires them as a leader in the community). Workshop themes cycle around building self-esteem, mindfulness, life skills, and resilience while we transition into the environment and ethical leadership portions of the program. At times and when possible, our curriculum is complemented by motivational speakers who share their expertise in areas like music, leadership, nutrition, and yoga, for example. All snacks served during the workshops are organic and, when possible, using local, in-season produce to connect with the local farming community, and children are provided with the highest-quality materials for all lessons. Children take relaxing mindfulness activities home to share with their families to reinforce the benefits of the program.

Contractual Agreements & Framework:

Green Generations Inc. is an approved DOE Vendor with 501(c)3 status. When Green Generations Inc. enters into a partnership with a school community, we will provide the following documents: (i) a Memorandum of Understanding, (ii) Invoice, (iii) PETS security clearance confirmation, (iv) Certificate of Insurance, and (v) W9, if needed.