

sky SCHOOLS

IMPROVING WELLNESS TO INCREASE PERFORMANCE

What we do

We provide everyone in the school community with practical tools that improve wellness to increase performance.

Why we do it

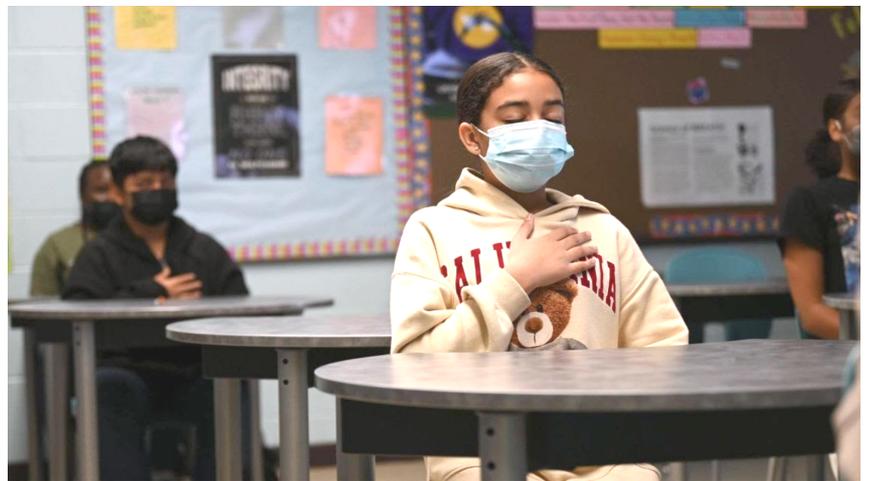
Stress is a barrier to healthy schools and student success. Effectively managing our stress and emotions, supports us in living our values and thriving.

How we do it

Fun, collaborative games and processes that increase awareness and build leadership skills. Targeted SKY breathing practices to reduce stress and process trauma.

OUR MODEL OF CHANGE

- 1 Transform Individuals**
Increasing energy and focus, deepening connection to self, others, and personal goals.
- 2 Transform Classrooms**
Creating spaces for respect, enthusiasm, and creativity to flourish.
- 3 Transform Schools**
Strengthen relationships and engage all members of the school community in daily resilience building.



SKY Powered Schools

Transform Your School Climate

We engage the entire school community: administrators, teachers, parents and students in the evidence-based SKY Schools SEL Curriculum, including physiological restorative practices, for sustained growth and success in the school over the long term.

Testimonial

"The SKY Schools program provided our 9th grade students with a comprehensive toolbox to manage their emotions and stress. After only a few days of taking part in the program, faculty members could see a measurable growth in class cooperation and confidence"

Dr. Mario Santos,
Principal East Side High School, Newark NJ

