

# Ikigirl Wellness

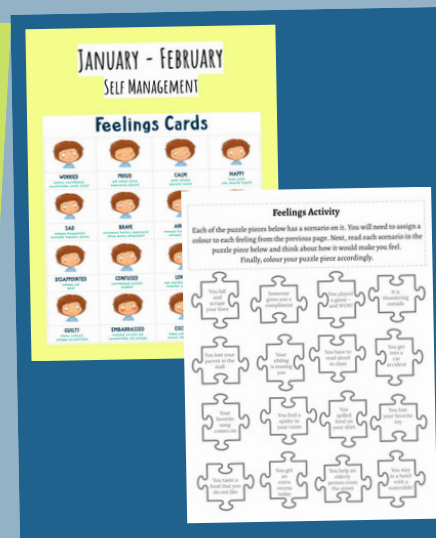
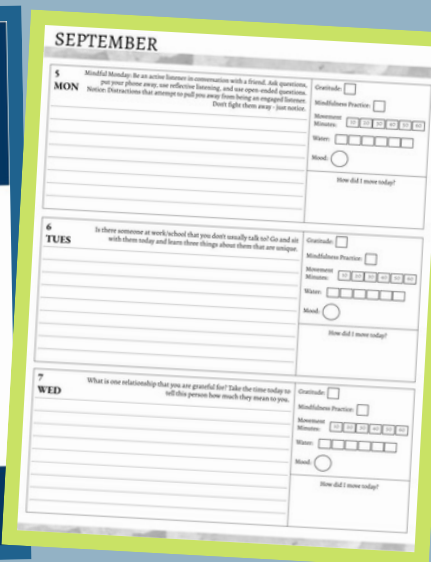
BULK SCHOOL PRICING UP TO 55% OFF

At Ikigirl Wellness, we tackle mental health concerns through a positive, strengths-based approach by providing productive, healthy activities that individuals can do daily. Guided by research in mental health promotion and social-emotional learning (SEL), Ikigirl Wellness has ONE goal in mind - To improve the mental health and well-being of our community by providing the most optimal tools and strategies out there!



[IKIGIRLWELLNESS.COM](https://www.ikigirlwellness.com)

EMAIL: [IKIGIRLPLANNERS@GMAIL.COM](mailto:IKIGIRLPLANNERS@GMAIL.COM)



## Completely Customizable

- Front and back cover to school logo/colours
- School Handbook information
- School Timetables
- School Mission/philosophy
- Faith information

## Wellness Planner

- More than an agenda, includes options for:
  - Gratitude Check In
  - Nutrition
  - Physical Activity
  - Parent Communication
- Organize and stay on top of school work.

## Social Emotional Learning Resource

- Daily SEL activity for the entire school-year
- Based on CASEL research
- SEL lesson plans
- Tools that can improve mental health

Planners are available for:

- Teachers
- Middle School
- Elementary
- High School

## PRICING

5.5x8.5" \_\_\_\_\_ \$20\*/Planner  
8.5x11" \_\_\_\_\_ \$25\*/Planner

Orders placed before March 1, 2023 will receive a discount of \$5 PER PLANNER.

All orders come with FREE VIRTUAL PD SESSION: "Tips: How to Utilize your Planner"

Both printed planners and digital resource available in English & French

\*Pricing applies to school orders of 100 or more. For smaller orders, please contact us.

# Add Ons

With any school purchase, receive 25% off additional Professional Development.

Workshops Available:

- Staff Wellness
- Finding Your Ikigai
- Social-Emotional Learning
- Strategies for Promoting Mental Health  
(Available for Adults/Youth)

“When put together and taught comprehensively and holistically in schools AND AT HOME, the skills of social-emotional learning can TRANSFORM a child and allow them to pursue their goals, manage their emotions, improve their overall attitudes, listen actively, have a strong sense of self, respect the opinion of others, and maintain healthy relationships.” - CASEL.org



To learn more about our Wellness Planners, Workshops and digital resources, check out our website: [ikigirlwellness.com](http://ikigirlwellness.com)



If you would like to place a planner order for your school, please contact us. To submit your materials (school handbook pages, school title page, etc) please email a PDF version to: [ikigirlplanners@gmail.com](mailto:ikigirlplanners@gmail.com)