

# Bring the **NAVIGATE SERIES** Weekend Workshops *to your Community!*



Designed to help young people navigate their relationships, and reinforce social emotional learning standards, Navigate Series curricula are written to be easily organized and delivered by your school's PTA/PTO volunteers as FUN, ACTIVITY-BASED WEEKEND WORKSHOPS for your students.



## NAVIGATE GRADES K-3: STAR

### ***Guiding the Way Through Friendship***

Each grade-specific level is different, but all emphasize kindness, acceptance, and empathy. The curriculum is written for a 2.5-hour workshop featuring one hour of small-group instruction, followed by themed games to reinforce learning. This workshop is designed to combine boys and girls by grade level.



## NAVIGATE GRADES 4-5: COMPASS

### ***Finding Your Way***

Each grade-specific level is different and is divided into three breakout sessions that focus on self-awareness, managing emotions, problem solving, developing healthy relationship skills, becoming more empathic, and understanding power. Separate curricula for boys and girls are designed for delivery as a full-day (5.5 hour) workshop in order to focus on nuanced differences at these ages.



## NAVIGATE GRADES 6-7: TREK

### ***The Next Step***

TREK includes two different workshop curricula designed for middle schoolers: **TREK Transitions** addresses topics such as shifting friendships, inclusion and exclusion, and the increased use, impact, and influence of social media.

**TREK Transformations** focuses on developing confidence and leadership skills as well as developing tools for addressing conflict within friendships. TREK is designed as a 4-hour evening workshop featuring three small-group breakout sessions and a high school volunteer discussion panel. Separate curricula for boys and girls address the differences in experiences at this age.



## NAVIGATE ZEN: PATHWAYS

### ***The Journey to Self-Awareness***

PATHWAYS provides middle school students with a way to positively cope with stress, gain physical strength, and focus on personal growth. The curriculum features five 30-minute themed discussions designed to follow an hour-long yoga (girl-specific) or qi-gong (not gender-specific) session.



**CONTACT US TO LEARN MORE!**

[navigateadolescence.org](http://navigateadolescence.org) • [info@navigateadolescence.org](mailto:info@navigateadolescence.org)

# NAVIGATE SERIES Workshops



CURRICULA	GIRLS	BOYS	GIRLS & BOYS	PROGRAM LENGTH
 <p><b>star</b> <b>Grades K-3</b> Focuses on developing the basic building blocks of friendship</p>	X	X	Program is written to be delivered to boys and girls together	2.5 hour
 <p><b>compass</b> <b>Grades 4-5</b> Focuses on the intentional development of relationships to self and others</p>	Girl-specific workshop	Boy-specific workshop	X	5.5 hour
 <p><b>trek</b> <b>Grades 6-7</b> <b>Trek Transitions</b> focuses on the shifts in friendships and responsibilities of middle school <b>Trek Transformations</b> focuses on the evolving personal development that occurs in middle school</p>	Girl-specific workshop	Boy-specific workshop	X	4 hour
 <p><b>pathways</b> <b>Middle School</b> Focuses on stress reduction and personal growth to be combined with yoga and other mindful practices</p>	Girl-specific workshop	Boy-specific workshop	Some programs are designed to be delivered to boys and girls together	1.5 hour

*Our workshops are designed to be inclusive and welcoming to all*

Contact us to find out more about purchasing curricula to bring the Navigate Series Weekend Workshops to your community

.....  
[navigateadolescence.org](http://navigateadolescence.org) • [info@navigateadolescence.org](mailto:info@navigateadolescence.org)