

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 • info@navigateadolescence.org

NAVIGATE SERIES

Workshops



CURRICULA	GIRLS	BOYS	GIRLS & BOYS	PROGRAM LENGTH
 <p>star Grades K-3 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>compass Grades 4-5 Focuses on the intentional development of relationships to self and others</p>	Girl-specific workshop	Boy-specific workshop	X	5.5 hour
 <p>trek Grades 6-7 Trek Transitions focuses on the shifts in friendships and responsibilities of middle school Trek Transformations focuses on the evolving personal development that occurs in middle school</p>	Girl-specific workshop	Boy-specific workshop	X	4 hour
 <p>pathways Middle School 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

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