MOBILE OUTREACH
Afterschool Programs
Social-Emotional Learning & Mindfulness
Grades 2 to 6

The Kidsbridge Tolerance Center in Ewing, NJ, has fostered an interactive learning environment where youth collaborate with trained facilitators. In small group activities, students grow in social-emotional skills including: empathy, empowerment, diversity appreciation, bullying prevention, respect for others and self-regulation.

Kidsbridge now offers a mobile outreach program to bring our small group, interactive learning model to YOUR afterschool program. Our facilitators lead sessions based on games, movement, role-play, and theater. This program is both research- and evidence-based.

Program Information
- Developmentally-appropriate programs
- 60-minute sessions
- Minimum two sessions presented consecutively (back-to-back) per visit
- Choose two sessions from list at right
- A group is 24 students maximum

Cost:
- $150 per session
- Minimum $300 per visit; choose from list at right
- Additional charges for mileage/tolls

Students receive:
- UPstander strategy card game
- Student journal
- Kidsbridge bookmark
- Kidsbridge UPstander Wristbands

Teachers receive:
- Word cloud poster for their classroom
- Folder of post-visit curricula, booklist, & other resources

SELECTIONS
Choose from list below

- Mindfulness
  Learning to better handle feelings and reduce stress in challenging situations through breathing and movement.

- UPstander Skills
  Exploring empathy & empowerment and learning practical actionable strategies for dealing with bullying and cyberbullying.

- Media & Cyberbullying
  Analyzing memes and media to encourage thoughtful, safe and kind behavior online.

- Diversity Appreciation
  Sharpening critical thinking skills relating to bias and stereotypes to inspire respect.

- Strengths & Teamwork
  Discovering strengths for personal empowerment and valuing others’ strengths and challenges.

Other evidence-based and developmentally-appropriate sessions include: Religious Diversity, Bias Awareness and Building a Support Team.

Check website for more info.

www.kidsbridgecenter.org

No Buses Required!
A great option for School Closure Days
What Educators and Students Say:

"I sometimes get angry very quickly. Kidsbridge taught me to breathe and focus to be in control of my emotions.

Terry, 5th grade"

"Kidsbridge programs support character education and social-emotional learning. The mindfulness session was the best!

6th grade Teacher"

"I learned that it don’t matter what your color is. No one should make fun of you no matter what you are.

Zarrio, 3rd grade"

"Every activity depicted situations that our kids could relate to. The corresponding discussions enabled them to share ideas and collaborate regarding next steps.

4th grade School Counselor"

"The most important thing I learned is that you shouldn’t exclude people if you have no reason.

Peter, 4th grade"

Mindfulness

Kidsbridge educates youth on how to reduce stress in their lives to be an UPstander for themselves.

 Kidsbridge Programs at the Tolerance Center or via our Mobile Outreach Program

- Evidence-based and developmentally-appropriate programs
  - Preschool, Kindergarten, & 1st grade (Mobile ONLY)
  - Elementary School, grades 2-5
  - Middle School, grades 6-8
  - After School Programs, grades 3-6 (on school closure days)
  - Camps, Scout Troops, Youth, & Interfaith Groups, ages 7-12

View our website for more details on each program.

Contact our scheduler for more information: meg@kidsbridgecenter.org or 609-771-0300.