



# Teaching the **Skills of Resilience**

Our programs and tools help students master the skills they need to succeed at school, at home and in life.

- Programs for elementary and secondary students
- Flexible, online toolkits & prebuilt lessons
- Engaging activities and media.
- Tools for administrators to transform their school culture

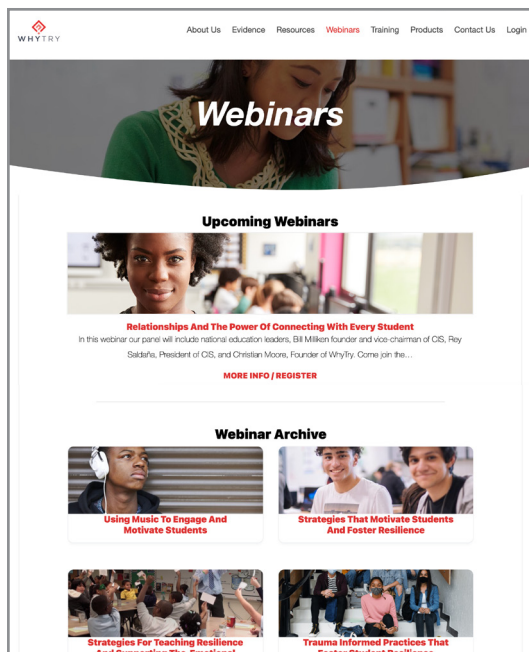


## Your Partner for **Student Wellness and Resilience**

For more than 20 years, WhyTry has led the way with practical and effective resources to help you motivate students, address student wellness and emotional health, and follow a trauma-informed approach to building resilience in every student.

## The WhyTry **Approach**

Along with these resources, we provide training on working with students facing challenges, dealing with trauma, and facing adversity in their lives. We'll train your teachers, counselors, and administrators to implement our tools in a way that engages students and motivates them to take an interest in their own success.



## Supporting a **Community**

WhyTry is a team of professionals dedicated to collaboration and building a community of educators focused on resilience and student wellness. We offer many free resources and tools focusing on this mission, including:

- Our free **Resilience Webinar Series** sharing strategies and discussing important topics with education leaders from around the country.
- The **Parent's Guide to Resilience** a free resource to help parents and families build resilience in the home.
- our **Resilience Breakthrough Podcast** sharing stories and helpful tips for building resilience.

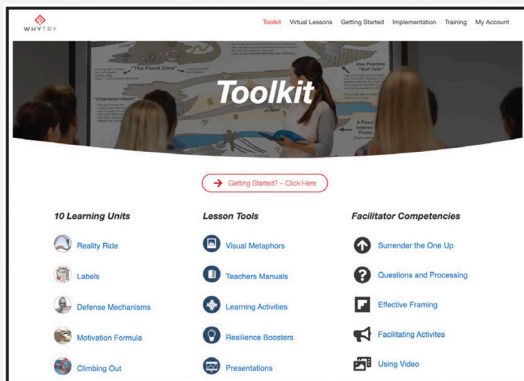
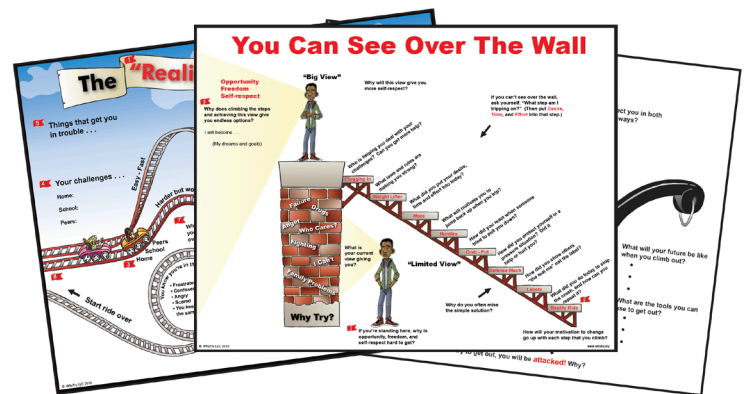
# The WhyTry Program

WhyTry is a **flexible toolkit and program for K-12** teachers and counselors. It provides simple, hands-on strategies and resources to help motivate the unmotivated student, support students with trauma, improve engagement, and increase academic success. It focuses on teaching the **“Skills of Resilience”** to students in a way that they will understand and remember.

The WhyTry curriculum utilizes a series of ten visual analogies that teach essential life skills like:

## 10 WhyTry Learning Units

- Improved decision making
- Positive self-esteem
- Dealing with peer pressure
- Emotional regulation
- Intrinsic motivation
- Problem solving in life
- Valuing hard work
- Plugging in to support systems
- Self-efficacy and hope



## The WhyTry Toolkit and Materials

The WhyTry Program can be used as a flexible toolkit for teachers and counselors or as a classroom lessons. To schedule a demo of our complete toolkit and implementation model, go to:

[whytry.org/demo](https://whytry.org/demo)

## Training to Incorporate The WhyTry Approach

The WhyTry Program is not just a series of tools and resources to teach life skills; it's an approach to motivating even the most difficult to reach students. Our introductory training is included with the toolkit and focuses on helping educators build competencies that are key to student engagement and that follows our proven model of teaching resilience to all students.

# The **WhyTry** Approach

The WhyTry Approach is a teaching method that places a strong emphasis on the “how” of building learning relationships with students, creating engaging learning experiences, and helping students see the relevance of what they’re learning.

## The “how” of **Relationships and Relevance**

Through our approach, educators gain a deeper understanding of “how” to build caring relationships with their students, “how” to make lessons more meaningful and captivating, and “how” to demonstrate the importance of what is being taught in a way that resonates with students.



## Fostering a **Resilient Mindset**

By focusing on these key factors of “**relationships**,” and “**relevance**,” the WhyTry Approach provides educators with practical strategies that foster a more **resilient** mindset in students and help improve students’ emotional and mental health.

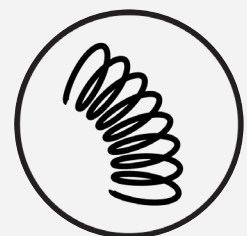
Facilitator  
Competencies that focus on  
**Relationships**



Engaging  
Content that helps establish  
**Relevance**



With an end goal of  
Creating a student mindset of  
**Resilience**



# School Counselors and **WhyTry**

The WhyTry Program is a **versatile toolkit for school counselors**, offering practical resources that align with the ASCA National Model. It supports both responsive interventions and structured guidance curricula, helping students build resilience, emotional regulation, and decision-making skills.

Additionally, WhyTry can assist counselors in supporting teachers by addressing classroom behavioral challenges, offering strategies that engage students and improve their behavior. Whether addressing immediate student needs or delivering lessons, WhyTry fosters positive relationships and helps students succeed both emotionally and academically.



## WhyTry Alignment with **ASCA Mindsets and Behaviors for Student Success**



The WhyTry Program's objectives also closely align with the **ASCA Mindsets and Behaviors for Student Success**, focusing on self-awareness, responsible decision-making, and self-management. These competencies help counselors guide students in overcoming obstacles and developing coping strategies, while also supporting teachers by promoting a more positive classroom environment.

By integrating WhyTry, counselors can meet their professional goals and contribute to the holistic development of students