



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

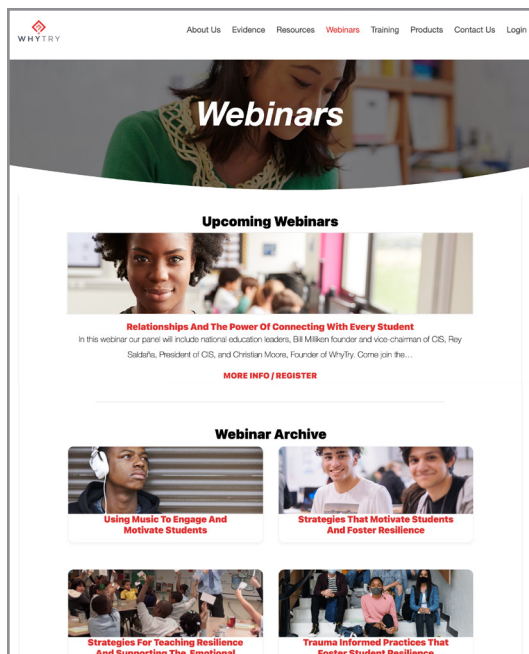


Your Partner for **Student Wellness and Resilience**

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.

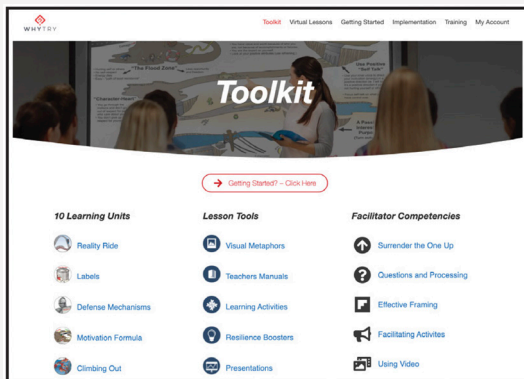
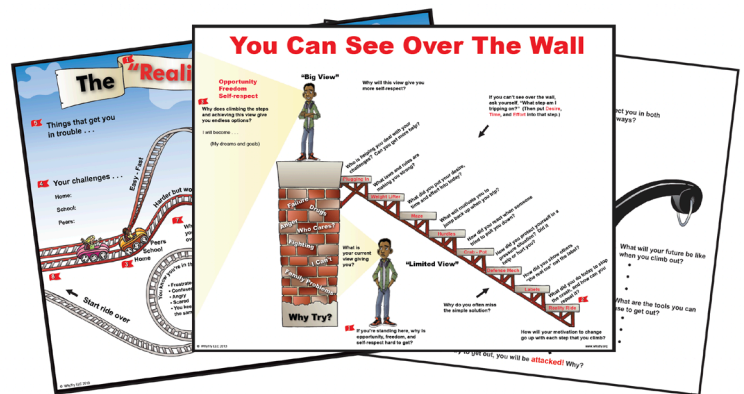
The WhyTry Program

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

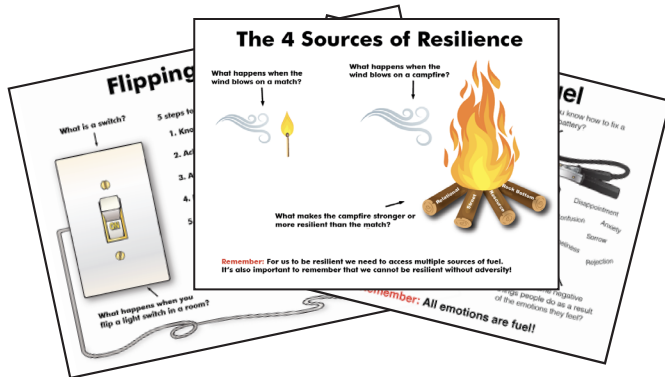
Incorporating The WhyTry **Approach**

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 training focuses on helping educators build competencies that are key to student engagement and follow our proven model of teaching resilience to all students.

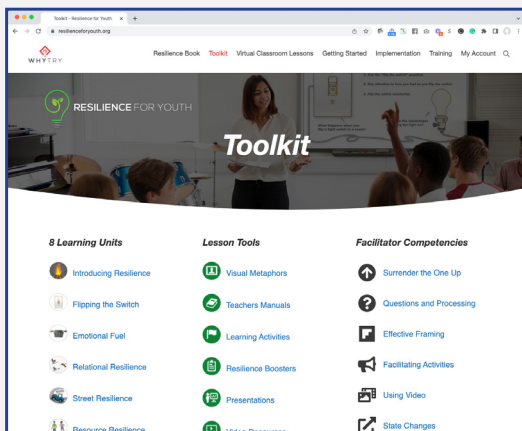
Resilience For Youth

The Resilience For Youth program is **a suite of tools targeting grades 6-12** that teach the building blocks and **“Sources of Resilience”** for students and also includes resources for educators and parents.

Resilience for Youth Learning Units



- Focusing on Resilience
- Flipping the Switch
- Emotional Fuel
- Relational Resilience
- Street Resilience
- Resources Resilience
- Rock Bottom Resilience



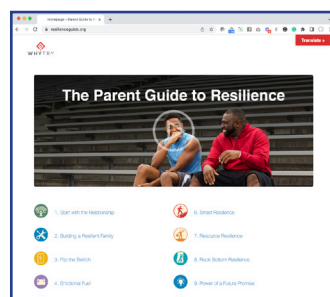
Resilience for Youth Toolkit

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whytry.org/demo

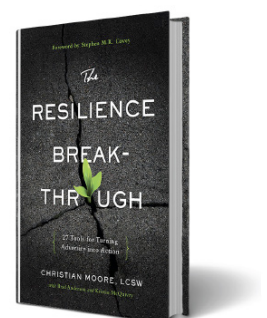
The Parent Guide to Resilience

The parent guide is a companion resource for parents and families to help apply the same principles of resilience taught in our programs, in the home.



Our Best Selling Book

“The Resilience Breakthrough” provides a series of 27 strategies for teachers and educators to find ways to cope and build their own resilience during difficult times.



The Transformational Leader - Toolkit

Our Administrator Toolkit is designed to help **school leadership teams** transform school culture. Leaders use the toolkit to create a shift in perspective with teachers and staff and help them build caring relationships with students that motivate and inspire trust.



Resources to **build capacity in forming relationships**



This toolkit can provide valuable resources for administrators to build capacity with staff through a series of pre-built workshops that can be employed as part of:

- A school improvement plan
- Team discussions
- Staff meetings
- PLCs
- Professional development

The research on ***teacher-student relationships is clear***

*A Review of Educational Research analysis of 46 studies found that, **strong teacher-student relationships** were associated in both the short-term and long-term with improvements on practically every measure schools care about; higher student academic engagement, improved attendance, improved grades, fewer disruptive behaviors and suspensions, and lower school dropout rates.*

- Education Week

Not just the “**why**” of relationships but the “**how**”

The pandemic has left us all more aware of the importance of creating caring relationships with our students. However, much has been said about the “**why**” of building relationships in the classroom, but rarely do we hear about the “**how.**” This toolkit provides practical strategies that school leaders can share with their teams and immediately put into practice to begin improving those student connections and shifting school culture.



The impact of positive relationships on teachers **is equally important!**

“A study in the European Journal of Psychology of Education found that a teacher’s relationship with students was the best predictor of how much the teacher experienced joy versus anxiety in class.”

- Education Week

The WhyTry Approach - Over 20 years helping build relationships

The heart of our approach is a concept we call ***Surrendering the One Up Relationship***. This is a set of easy to implement strategies and activities that help educators build authentic, caring relationships with students.



Not just a **“one and done”** approach

Administrators often have a discussions with staff on how to improve school culture and relationships, but we all know that true change only takes place with repeated effort and focus. Our administrator’s toolkit provides those resources for continuing the discussion throughout the school year.

Save time with our series of **pre-built staff workshops**



- Intro to “Surrendering the One-up Relationship” (3 follow-up workshops)
- Intro to “A Trauma Informed Approach” (1 follow-up workshop)
- Improving Relationships Through Self-Awareness
- Celebrating Success
- Resilient Listening
- Mindfulness and Relationships

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

