



# Help Your Students Thrive!

The emotional reserves of students are running low, yet they have a race to run—and a race to win. Do your students know how to capitalize on simple practices that refuel, recharge, and position them to thrive? Teach them how, lead the way, and do it together. Navigating our world requires the ability to create connection, reduce cortisol, hit pause, and prioritize sleep. This easy-to-launch Life and Wellness Program helps students combat anxiety, depression, and challenges with motivation. **Run the Race** is a 6-part Video Series that equips 5th to 12th grade students to refuel and recharge for a lifetime of good work and vibrant well-being.

## DISTINCT FEATURES

- Introduces students (5th-12th grade) to evidence-informed **Restorative Wellness**
- **3-Track Initiative** - impacting students, teachers, parents
- **Student handout** for each session, which includes thought provoking questions and opportunities to set individual goals
- **Parent Letter** which includes engaging questions for their teen and video links to view the program
- **Life and Wellness Skills Emphasized:** Self-Awareness, Social-Awareness, Relationship Skills, Responsible Decision Making, and Management of Emotions highlighted
- **Run the Race** is used in Health classes, Home Room, and with student leaders.
- The **Leader's Guide** and 16-minute **Instruction Video** paves the way for easy implementation

## WHAT IS INCLUDED

- Six videos
- Student handout for each session
- Introduction letter for teachers
- Leader's guide
- Parent letter
- Instructional video
- Support from Run Hard. Rest Well.®

## FOR MORE INFORMATION

Contact Brenda Jank at [Brenda@runhardrestwell.org](mailto:Brenda@runhardrestwell.org)  
**OR** visit our website, [www.runhardrestwell.org](http://www.runhardrestwell.org)

## OUTCOME OBJECTIVES



**Create  
Connections**



**Reduce  
Cortisol**



**Hit  
Pause**



**Prioritize  
Sleep**

*"Where have you been? Why is this not being taught? This video series was awesome! I really needed to hear that message today. I think a lot of teens need to hear this. I would love to see more!"*

### **STUDENT TESTIMONIAL**

*Run the Race set the stage for AMAZING conversations with my 7-8th graders. I needed a faith-based, easy to use "plug and play" LIFE program to help my students process life and equip them to prioritize key mental health strategies.*

### **TEACHER TESTIMONIAL**



**Run Hard. Rest Well.®**

*RHRW equips people to embrace a pace and passion for work and rest that is transformative and sustainable.*