



WELLNESS WARRIORS

Wellness Warriors is an **engaging, comprehensive** curriculum written and facilitated by The Oaks Therapeutic Community. The program teaches participants about **practical** ways to build **brain health** and live out The Oaks' research-based **wellness model!**

The curriculum contains 12 lessons that help children and teens explore the many ways they can care for one of their body's **most important** organs- their brain! Our mental health is strongly **dependent** on the health of our brain.

Reach out today to learn more about how this proactive approach to mental health can equip your child, class, school, or team with practical tools to build a common culture of wellness that will foster brain health for years to come!



Content Includes

- Week 1- Introduction to The Oaks' Wellness Model
- Week 2- Worth: A Firm Foundation
- Week 3- Life Skills: Healthy Habits and Scheduling
- Week 4- Exercise: The Power of Movement
- Week 5- Nutrition: Food as Brain Fuel
- Week 6- Rest & Sleep to Care for Your Brain
- Week 7- Mental Health: Emotions & Coping Skills
- Week 8- Mental Health: Thought Control and Stinking Thinking
- Week 9- Community: The Power of People
- Week 10- Community: The Art of Communication
- Week 11- Physical Work: Perseverance & Resilience
- Week 12- Celebrating Growth & Moving Forward

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