

RESILIENCE IN SCHOOL ENVIRONMENTS

RISE UP 

UNDERSTANDING AND PRACTICE

Staff Lounge



Resilience In School Environments: Understanding and Practice

(RISE UP) is a virtual mental health and resilience professional development program for school staff and is part of the Thriving Schools Resilience in School Environments (RISE) initiative. The *RISE UP* team employs theatre, experiential learning, mindfulness practices, and arts integration techniques to engage participants in the discovery and implementation resilience-building tools.

RISE UP: Staff Lounge

RISE UP: Staff Lounge is a 60-minute virtual workshop that provides a space for connection, regulation tools, and positive interactions that aid in resilience-building. Available workshop topics include:

Hope: Explore the power of hope to motivate action.

Joy and Gratitude: Discover the impact joy and practicing gratitude has on overall health.

Affirmations: Identify your team's individual strengths with affirmations and positive self-talk.

Awareness and Regulation: Increase awareness and redefine stress as a manageable, natural function of the body.

Key Concepts

Participants will:

- Practice resilience tools and regulation techniques to support staff and student health
- Foster connection and supportive relationships with colleagues

Program Information

Cost: Available at no charge

Audience: Teachers, school staff, and administrators

Participants: 30-60 recommended

To request this program, please complete our [online form](#).

For more information, please email us at educational-theatre@kp.org.

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