

RETHiNK

Powered by
**Mindfulness
Without Borders**



An online curriculum designed to help strengthen social and emotional health in young adults.



Over one hundred 5-15 minute activities that promote self-reflection, strengthen interpersonal skills and build connection.



Conversations that challenge assumptions, breakdown biases and promote a more compassionate understanding of the world.

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www.rethinkdigitalkit.com

WHAT PEOPLE ARE SAYING...



Mindfulness Without Borders's team have created a wonderful digital world that empowers you to systematically learn how to become more present in life. What you get from these teachings in being more mindful, more awake, more present, is not only more balance in your emotions and thinking, but also enhancements in the health of both your body and your relationships with others, and your self! Not bad for simply learning to show up in life. Try it and see for yourself!

DANIEL J. SIEGEL

M.D., Clinical Professor, UCLA School of Medicine
Author, *Mind: A Journey to the Heart of Being Human*



Accessible, thought-provoking, and most importantly a deep resonance with student experience. My students are more self-aware and peaceful with these regular practices as part of their education.

MONICA GODIN

Teacher, St. Joseph's College School, Director, Additional Qualifications in Religion Teachers Program, TCDSB



A wonderful kit....inviting, practical, and transformative to the lives of your students.

JACK KORNFIELD

Author: *A Path With Heart*



WOW, WOW, WOW! This digital kit would have taken my breath away if I didn't have the mindfulness skills to remember to breathe & exhale!!!

DIANNE BANASCO

Safe Schools Advisor TCDSB
Guidance and Career Education Instructor, OISE



The Rethink Digital Toolkit is a must have for any secondary teacher looking to integrate mindfulness based SEL into their instruction. Mindfulness Without Borders has created an incredibly accessible resource with beautifully designed units and inspiring content—it makes me want to return to the classroom just so I can use this toolkit!

MEENA SRINIVASAN

Program Manager, Office of Social and Emotional Learning, Oakland Unified Schools District & Author: *Teach, Breathe, Learn*



Mindfulness Without Borders has developed a profound toolbox of lessons and strategies to help students become more present, empathic, and relaxed. Weaving together technology and engaging mindfulness practices these lessons are sure to help foster a more peaceful and inspired school.

DANIEL RECHTSCHAFFEN

Founder, *Mindful Education*

questions? contact us at amber@mwithoutborders.org
or visit www.rethinkdigitalkit.com