



# SOLUTIONS

Bully Prevention & Positive Classroom Dynamics



## GRADES 3 - 6 6 SESSION PROGRAM

### Students will practice:

- 1 Positive decision making strategies
- 2 Problem solving and perseverance
- 3 Resilience while facing challenges
- 4 Empathy and appreciation of differences
- 5 Teamwork and trust

...and more!

This **wellness program** uses **social & emotional learning** activities to **reduce bullying behaviours** and **improve classroom dynamics**. Delivered in 6 or 8 sessions, highly interactive challenges enhance skills in **self management, social awareness**, and build **positive peer relationships**. The program includes a teacher or principal meeting to help identify target areas from over **20 topics** in which students may need guidance and support.

#### For more information please contact:

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