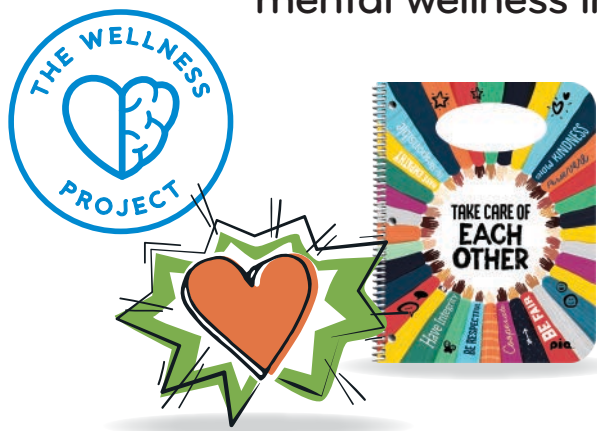


SUPPORT mental wellness!

Empower students with a tool that addresses
their mental and emotional needs.



The Wellness Project Planner gives students easy access to
mental wellness information, skills, and strategies.



Brighten students' days with The Wellness Project student planners. Designed to empower students from kindergarten to grade 12, the planners are filled with uplifting affirmations, helpful tips, and effective coping strategies.

Tailored to each grade level's needs, the planners have robust features that help students organize their academic and personal lives while prioritizing their mental well-being. With engaging graphics and content, learning about mental wellness has never been more fun or accessible.

Experience the difference of The Wellness Project student planners! Crafted with love and care to inspire students on their journey to wellness, the planners are not just tools—they're companions on the path to a balanced and fulfilling life.

What's Special About the Wellness Project Student Planner?



Empowering Content

Featuring uplifting and empowering content on every page, the planners aim to brighten students' lives on dark days. With new mental wellness themes each month, students have the opportunity to learn, reflect, and apply valuable strategies tailored to their grade level's needs.



Powerful Skill Building

Designed with intuitive layouts, the planners make skill-building a breeze, allowing students to navigate planning, time management, prioritization, and organization independently. Tailored to match students' reading levels and interests, the planners ensure engagement and comprehension at every grade level.



Student-First Approach

Unlike others on the market, the planners prioritize students' likes, interests, and unique challenges at each academic stage. With trending designs and inspiring content, the planners not only meet students' needs but also exceed their expectations, blending planning and organization with mental wellness for a truly transformative academic experience.

To view a digital sample for each level, scan the QR code or visit:
<https://piqpotential.ca/student-planners/wellness/>



The Wellness Project Planner

GRADES 1–2 160 pages, block layout, 8"x10" size



FEATURES

- 33 pages of mental wellness themes & activities
- Weekly affirmations & wellness tips
- Weather, reading, & mood trackers
- Full-page calendars & goal trackers
- Monthly & weekly goal-setting spaces
- Family/teacher communication tools
- Bilingual month & weekday names
- Primary-style writing lines
- Space for 20 spelling words
- 16 full-colour academic resource pages

Planners available in English and French

GRADES 3–5 160 pages, block layout, 8"x10" size



FEATURES

- 33 pages of mental wellness themes & activities
- Affirmations, wellness tips, & reflection questions
- Daily reading & mood trackers
- Full-page calendars & goal trackers
- Monthly & weekly goal-setting spaces
- Family/teacher communication tools
- Bilingual month & weekday names
- Day boxes & task check-off spaces
- Space for 20 spelling words
- 16 full-colour academic resource pages

GRADES 6–8 160 pages, block layout, 7"x9" & 8"x10" sizes



FEATURES

- 33 pages of mental wellness themes & activities
- Affirmations, wellness tips, & reflection questions
- Daily reading & wellness trackers
- Full-page calendars & goal trackers
- Monthly & weekly goal-setting spaces
- Family/teacher communication tools
- Bilingual month & weekday names
- Materials-to-bring home & day box spaces
- Long-term project planning spaces
- 16 full-colour academic resource pages

NEW
7"x9"
SIZE!

GRADES 9–12 168 pages, block layout, 5"x8" size



FEATURES

- 23 pages of mental wellness themes & info
- Affirmations, wellness tips, & reflection questions
- Daily wellness trackers
- Spacious monthly calendars with goal trackers
- Monthly & weekly goal-setting spaces
- After-school planning spaces
- Bilingual month & weekday names
- Day boxes & task check-off spaces
- Long-term project planning spaces
- 24 full-colour academic resource pages