

Fostering Well-Being & Agency through Physical Education

Instilling a positive sense of agency and well-being in young people is more important than ever today yet teachers are challenged to find time to address Social Emotional Wellness on top of classroom instruction.

The Opportunity

What if we could build a healthier, more positive school culture from students themselves using PE as an entry point? Captains & Poets offers a simple language that enables students to be their best selves by elevating self-awareness, fostering connection with others, and accessing the leader within.

The premise of this transformational program is that there is a unique Captain and Poet inside each of us that, in partnership, enable us to navigate the world around us in a way that enables us to thrive.

Whether you are focused on well-being, inclusion & belonging, or heightening teamwork, collaboration and leadership abilities, Captains & Poets is designed to align to school programming and ignite positive transformation from students themselves!

“Every session is engaging, meaningful, reflective.”

Program Options

- **In-Class Curriculum** with 50 hours of activities to choose from by topic and subject area
- **Books & Resources** to bridge important conversations with the Home environment
- **Leadership Workshops** that impact leaders at all levels in unprecedented ways
- **Mentoring Programs** that leverage student engagement to foster a positive culture

Key Benefits

Aligned to the K-12 Curriculum

Integrates with Extra-Curricular Programs

Establishes a Whole-School Approach

Bridges with Home Environments

Encourages a Growth Mindset

“When your Captain and Poet come together, it creates something truly beautiful.”

Contact Us

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Watch our videos to learn more!



Self-Awareness



Self-Leadership



Leadership