



INSIDE OUT LABS

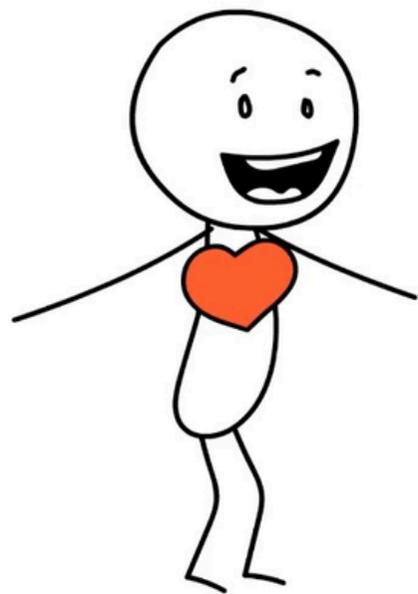
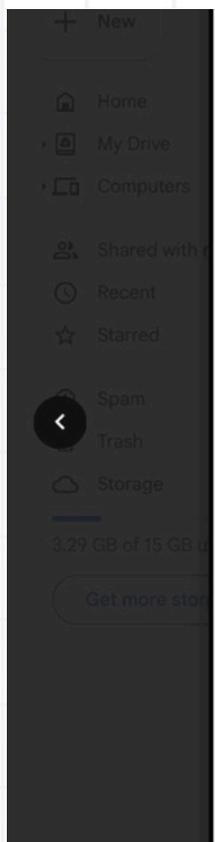
Where adolescents learn to take command over their emotions and grow their confidence and mental fitness from the inside out.



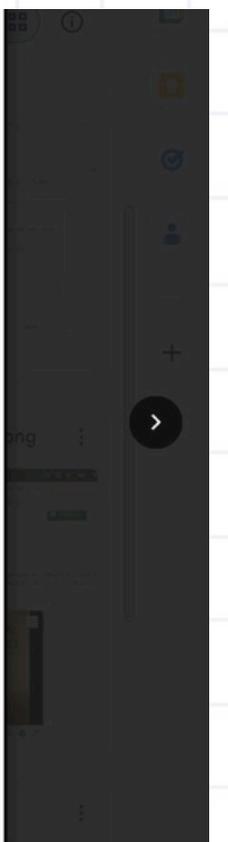


Unlike in the **Inside Out** movie, emotions don't need to run the show.

But for most adolescents, they often do → anxiety, stress, frustration, embarrassment, procrastination... the list is long.



Handle anything life throws your way with a clear head and a steady heart.



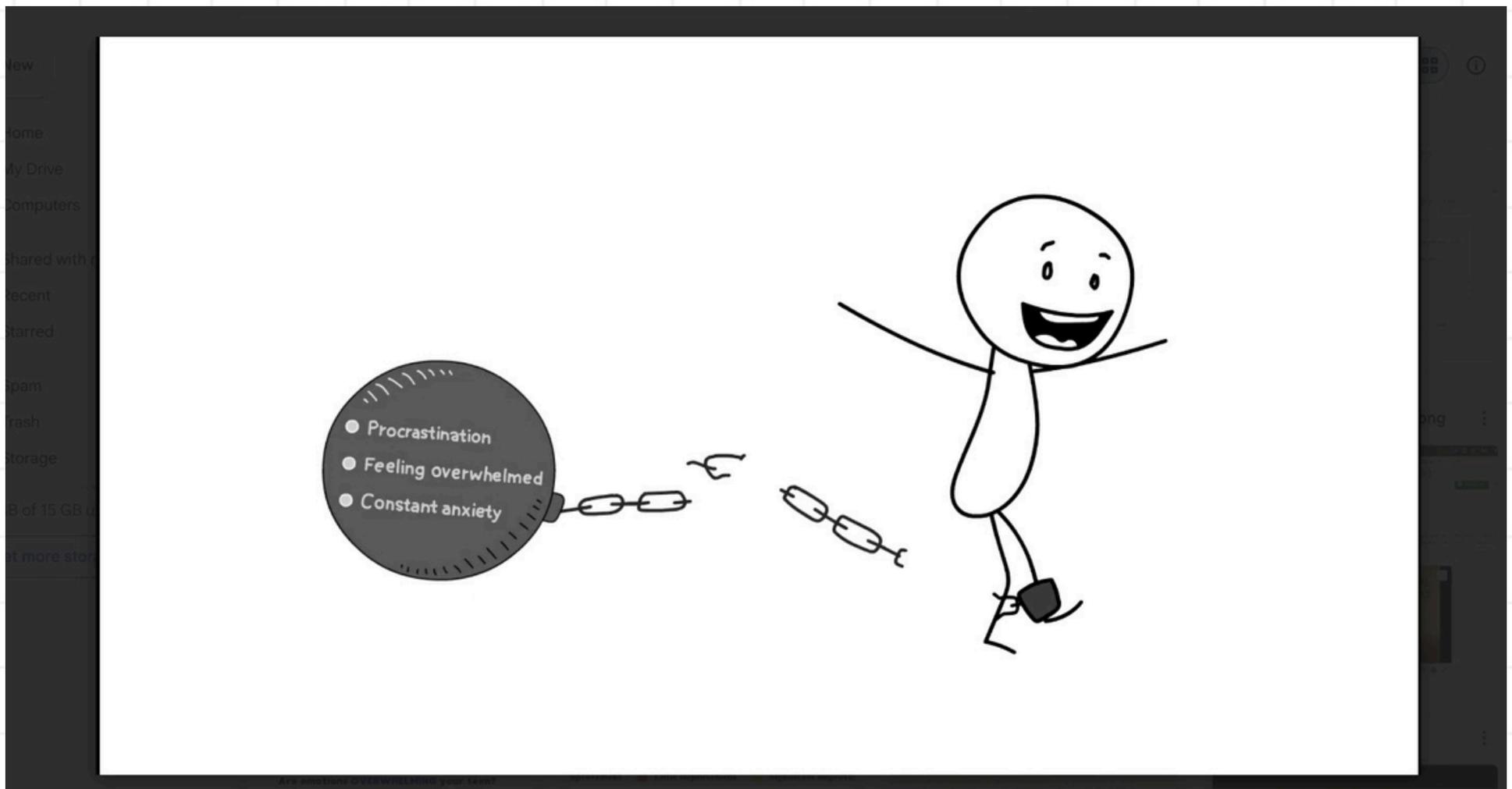
Inside Out Labs changes that.





A SAFE SPACE

for **adolescents** and **young adults** to talk about their emotions & triggers, unload them, and realize they are not what they feel.



Each child has a unique essence.

Our goal is to help them reconnect with it, and **build 11 mental fitness skills** to help them thrive through their adolescence into adulthood.





WHAT THE LABS DO

Each *Inside Out Lab* is a **3-month experiential journey** designed to build 3 core Mental Fitness Skills in a cohort-based blended learning format.

Together, the 4 Labs in the annual journey develop all 11 Mental Fitness Skills Helping adolescents and young adults grow from the inside out.

11
**POWERFUL
MENTAL
FITNESS
SKILLS**

1. Stress Management
2. Emotional Regulation
3. Self Confidence
4. Time Management
5. Focused Action
6. Solution-focused Approach
7. Empathy & Interpersonal Skills
8. Innovation
9. Conflict Resolution
10. Decision Making
11. Big Picture Thinking

**HELPING KIDS
THRIVE**





HOW THE LABS WORK

Every Inside Out Lab is a **12-week guided journey** hosted via our LMS platform.

Includes:

- Six 90-minute Virtual LIVE Lab Sessions
- Two 60-minute Integration Sessions
- Pre & post-session work to build and track daily mental fitness practice
- Skill development measured using a **multi-rater survey**

Announcements

Modules

Grades

Assignments

Discussions

Rubrics

Syllabus

Files

BigBlueButton

Collaborations

Pages

People

Quizzes

Outcomes

Settings

Introduction

Hi, I'm Aparna!

I'm really glad you're here. In this quick intro video, I'll give you a feel for what this course is all about. We will clarify what is mental fitness, why it matters for you, and how this curriculum will support you in building it. Take a few minutes to watch—it's the first step toward a stronger, more resilient you.

Click **Mark as done** to mark this activity complete.

MENTAL FITNESS

1:05/2:19

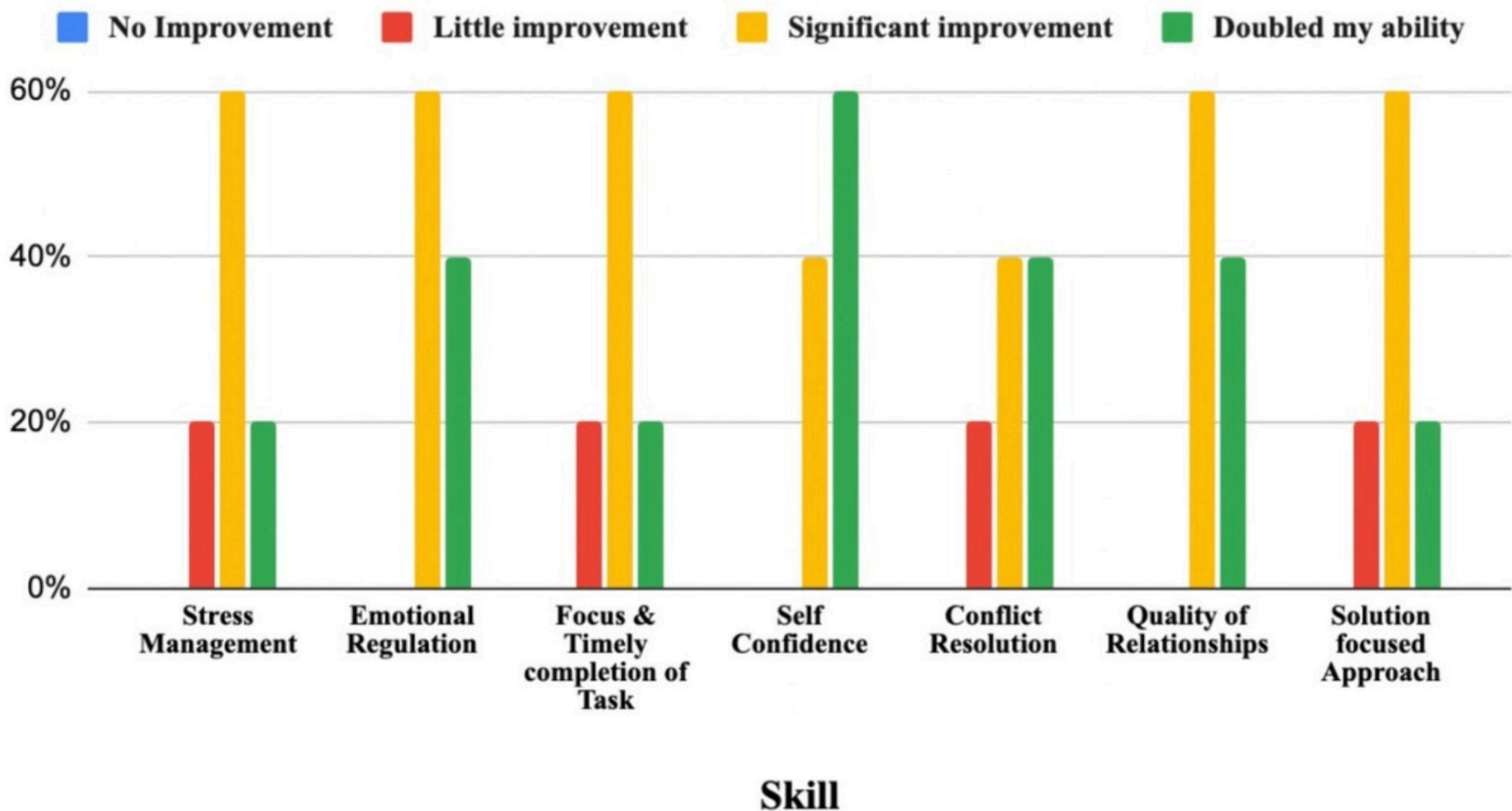
Bonus:

- Two Parenting / Educator Workshops (2.5 hrs each)
- Takeaway toolkit for daily application



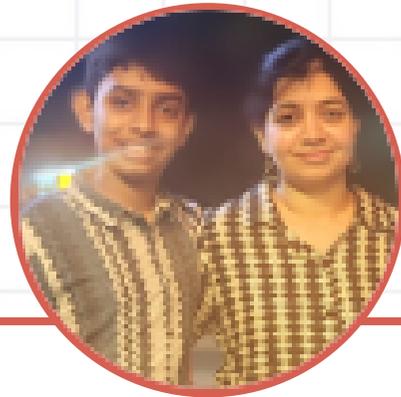
The Impact

From emotional reactivity to **emotional mastery**.
From self-doubt to **self-confidence**.
From confusion to **calm clarity**.





The Impact



"My son has really benefitted from the Inside Out Labs. Two shifts I've noticed since he attended the Labs:

- 1) He is less agitated and calmer in challenging situations, like exam stress or during multi tasking.
- 2) He now practices belly breathing exercises when he feels tensed or nervous about his surroundings, which helps him greatly."

Priya Rao Vinnakote, Mother of Vivaan Vinnakote
National Public school, Bangalore

That's what growing from the Inside Out looks like.





For Parents & Educators:

Help adolescents and young adults **build mental fitness skills** to thrive in school, relationships, and life.



Learn more at helpingkidsthive.in

For partnership and queries, write to info@helpingkidsthive.in