

THE UMBRELLA PROJECT



Life isn't always sunny, but we can be prepared for the inevitable rain of life with skills that have been shown to help us weather life's challenges.

For more information book a [demo call](#) with our team!

Our Mission

At The Umbrella Project, we develop sustainable, research-based tools for schools and families to anticipate life's challenges and support the proactive development of positive coping skills. We take an inquiry-based approach to mental health and encourage curiosity and interest in order to gain insight into the skills that help us thrive.

Building the Umbrella Skills has a deep and profound impact on the children, families and schools we work with and provides them with a growing layer of protection against life's rainy days. We are committed to creating communities that tell a more powerful story about their well-being and celebrate a culture of positive coping.

The Umbrella Project continues to partner with communities to:

1. Build on mental health literacy and training for educators;
2. Provide proactive, teacher-led well-being curriculum and programming to students targeted at building resilience, strengths-based education and coping skill competence;
3. Recognize parents as an important stakeholder in student well-being and provide tools to engage them in proactive well-being skill development and mental health literacy; and
4. Intentionally build a community equipped with positive coping skills.



Well-being is a skill.

In fact, it is a collection of skills that can be taught to children. Each skill forms a piece of an umbrella that protects us from the rain of life.

Research informed

The Umbrella Project curriculum incorporates best practices from current well-being research. It is built on positive priming, inquiry based learning, and role modeling.

Evidence based

We have partnered with Trent University's Emotion Lab to research and study the program impact in schools. The Umbrella Project has been proven to have a significant impact on improving student emotional intelligence, adaptability, interpersonal skills and stress management. This positive impact was found universally across all boards, schools, grades, and genders studied.

We continue to conduct research to uncover opportunities to improve the program's impact.

Making an impact

The Umbrella Project continues to make inroads in a number of ways. The program is:

- Deliberately built to work cohesively with existing well-being programs
- Thoughtfully designed with educators and students in mind, not asking a lot of those implementing it or those benefiting from it
- Running in 270+ schools globally
- Actively executing educator PD, student and parent workshops

What's included

The Umbrella Project is a sustainable teacher-led program designed to engage parents, educators and students from Grades K-12.

- Umbrella Project Curriculum & Lesson Plans for 18 Umbrella Skills Available in French & English
- Grade Specific Lesson Plans: K-3, 4-8, 9-12
- Curriculum can be used online and in the classroom
- Umbrella Coping Skills Self-Assessment Tool
- Classroom Resources & Exercises (Online Videos, Recommended Readings & Classroom Activities)
- Curriculum Connections, SEL Report Card Comments & Student Evaluations
- Research-based Parenting Newsletters
- Program Delivery Implementation Guide

Through an interactive researched informed classroom curriculum, The Umbrella Project brings together your community to uncover real life applications of positive coping skills while improving the emotional intelligence, stress management, interpersonal skills and adaptability of our next generation.

Additional support

Umbrella Project Parent Nights and Educator Professional Development Sessions are designed to support educators, parents, and caregivers, all of whom are key stakeholders in the emotional well-being and development of students.