rethink Ed

Social, Emotional, Mental and Personal Wellness

Unlock your students' potential by creating safe, caring learning environments with Rethink Ed's Wellness Suite.

Are you prioritizing the overall health and wellness of your students, families, staff and educators? Rethink Ed can help.

Rethink Ed provides the most comprehensive wellness solution to address the needs of kids and teens, as well as the adults who support them. From fostering the development of important skills like stress management, resilience, and empathy, to daily practice sessions of mindfulness and yoga. From building awareness of mental health issues to taking proactive steps to protect against those struggles, Rethink Ed provides the resources needed to create healthy learning communities.

- Video based on-demand professional learning modules
- Wellness App to help adults improve their mental, physical and emotional well-being
- K-12 multi-tiered social, emotional and mental wellness curriculum
- Interactive online student activities
- Norm referenced SEL student assessments grades 3-12
- Parent portal to make home connections
- Administrative dashboards provide uniformity and transparency across the district
- Behavior and incident data collection and progress monitoring

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3 Powerful Solutions

Social and Emotional Wellness

Awareness of Self & Others	Self Management	Social Skills	Social Awareness	Self-Care	SEL & Equity
Self-Knowledge	Self-Control	Fairness	Cultural Competence	Mindfulness	Culturally Responsive Teaching
Emotions	Stress Management	Respect	Empathy	Self-Efficacy	Addressing Injustice
Values	Focus	Friendship	Safe & Ethical Behavior	Optimism	Leveraging SEL to Promote Equity
Wants & Needs	Problem Solving	Relationship	Support Systems	Self-Compassion	The Impact of Implicit Biases
Learning Skills	Goal Setting	Cooperation	Social Contributions	Self-Advocacy	
Growth Mindset	Resilience	Conflict Resolution	Actions & Consequences	Healthy Boundaries	

Mental Wellness

Anxiety
Bullying & Violence
Depression
Human Trafficking
Mental Wellness
Kindness to Animals
Reducing the Risk of Suicide
Substance Use Disorders
Trauma
Developing Healthy Identities
Digital Citizenship & Online Safety

Personal Wellness

Personal Well-being	
Learn to Meditate	Practice Yoga
Reduce Stress and Anxiety	Sleep Better
Be Happier	Improve Your Mental Health
Take One-Minute Breaks	Financial Well-being
Professional Resilience	
Build Emotional Intelligence	Boost Physical Health
Improve Relationships	Create a Culture of Well-being
Develop a Growth Mindset	Support Diversity, Equity, & Inclusion
Manage Career Stress	Authors and Certification Series

Supports for Students

Student Activity Center

Caregiver Supports

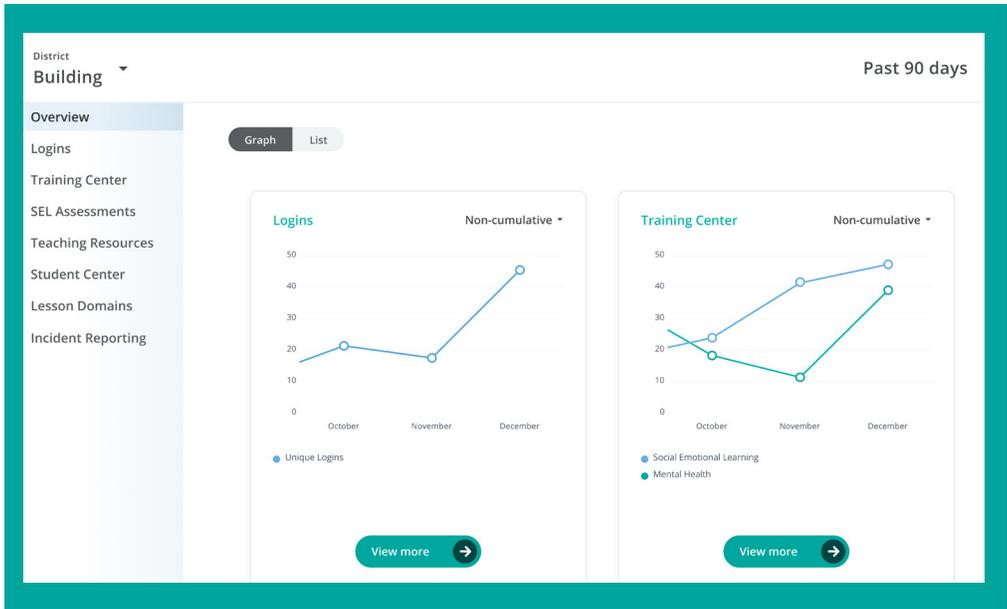*Student SEL Self-Assessment*

Supports for Adults
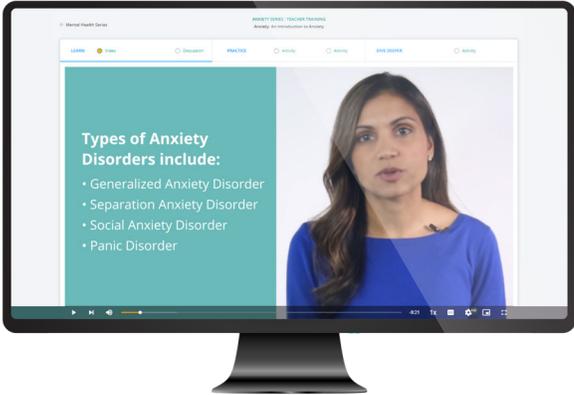
Professional Development
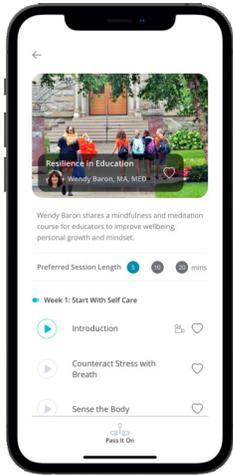
Personal Wellness

Administrator Dashboard

About Us

Rethink Ed combines the power of technology and research to deliver innovative, scalable and evidence-based instructional materials and supports for all learners and educators, including those with disabilities. The comprehensive suite of tools ensures that every student develops the academic, behavioral and social/emotional skills they need to succeed in school, at work and in life. Rethink Ed positions educators, students and families for success.

Rethink Ed is a division of Rethink First, a global health technology company providing cloud-based treatment tools, training and clinical support to employers, educators and behavioral health professionals. Rethink serves thousands of clients globally, including nearly one-third of the Fortune 100 and many of the country's largest public school systems and health plans. Rethink is owned by K1 Capital, a premier private equity firm focused on high-growth, enterprise software solutions.

Get in Touch

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