

Tiny Guides are here!

Hello! Thompson School District and the Student Success Department is excited to present to you Tiny Guides from Cultures of Dignity. Tiny Guides are just that... tiny guides to help you and your children quickly and easily comprehend core **social and emotional concepts**, understand their impact on you and your relationships, and equip you with tools to put them into action.



In order to access and download the Tiny Guides, please follow these steps:

1. Go to [THIS LINK](#). This will take you to the Cultures of Dignity website. Click on the “Buy here for ~~\$40~~ Free” button at the bottom of the page. You will NOT be charged to gain access to the tiny guides.

ALL OF THE TINY GUIDES!

These Tiny Guides help you quickly comprehend core social and emotional concepts, understand their impact on you and your relationships, and equip you with tools to put them into action.

For example, do you want to better manage your anger? Totally possible and something all of us need to work on. Want to decrease your anxiety? It's like riding a bike; you can with practice. Want to know what shame is and how it can stop you from taking risks that are good for you? You can learn how.

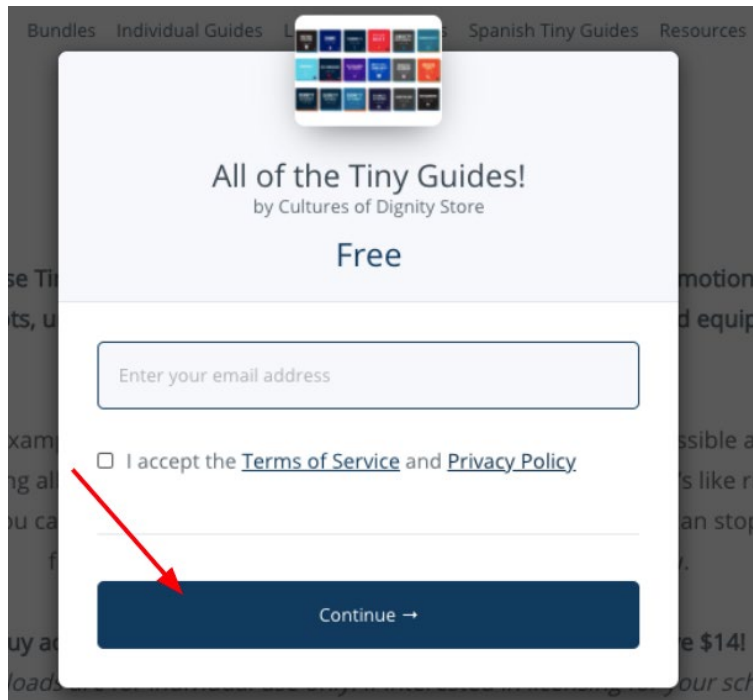
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2. Enter your email and press “continue.”



Bundles Individual Guides Spanish Tiny Guides Resources

All of the Tiny Guides!
by Cultures of Dignity Store

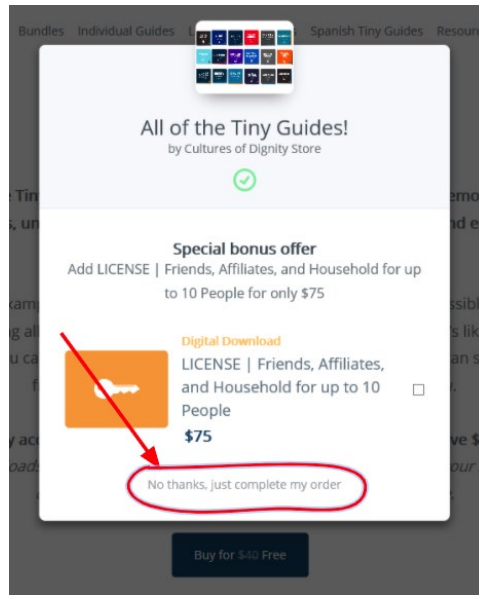
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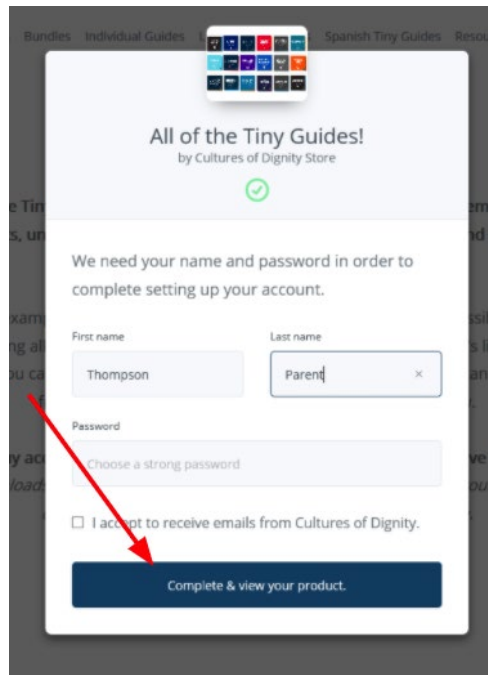
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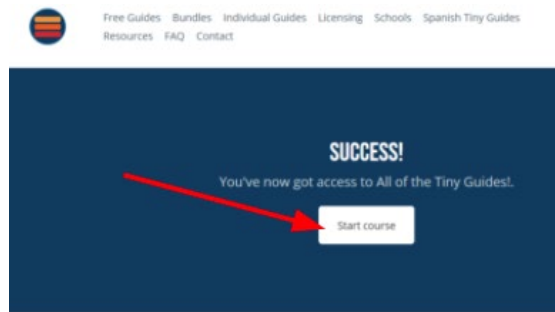
3. You will be asked if you would like to add an additional license. Ignore this. Instead, select “No thanks, just complete my order.” found at the bottom of the window.



4. In the next window, enter your first and last name and create a password of your choice. Then, select “Complete and view your product.”



5. The next window will ask you to select “Start course.” This will take you to the Tiny Guides download page.



6. On the download page, the first few items include a welcome letter and a guide to how to use the Tiny Guides with your child. Select “Download” for any item in order to access the PDF.
7. Scroll down to access the actual Tiny Guides. There are 18 Tiny Guides in total. Select “Download” in order to download, access, and save each Tiny Guide!

	<p>ANGER A TINY GUIDE</p> <p>Feeling angry is your brain perceiving a physical or emotional threat. It's messy. Having tools to process anger is empowering!</p>	View product
	<p>ANXIETY A TINY GUIDE</p> <p>What happens when you experience anxiety? Do you freak out or slow down? Choose to regain some control, even if it's messy and hard.</p>	View product
	<p>BOUNDARIES A TINY GUIDE</p> <p>Boundaries are an important act of self-advocacy. Identify how to use boundaries to open up or close off to others.</p>	View product
	<p>COGNITIVE LOAD A TINY GUIDE</p> <p>Your brain can only process so much. When you feel overwhelmed, here's how to re-frame challenging</p>	View product

- Once you have downloaded your Tiny Guides, be sure to save them to your computer and print them out for easy use!

If you have any trouble with this process, please contact Amanda Jacobs at Amanda.jacobs@tsd.org or call her at (970) 673-7405.

