



FAMILY ACADEMY

Health and Wellness

THURS, DECEMBER 7 | 6-7:30 PM



FEDERAL WAY
PUBLIC SCHOOLS





FEDERAL WAY
PUBLIC SCHOOLS

+ Clayful

**On-Demand Coaching for Every Scholar
to Excel and Overcome Challenges**

Family Academy: Health & Wellness
December 7th, 2023

Your Clayful Team



Kelly Oh
Partner Success
Lead



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Lead Learning
Designer



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Coach Success
Manager

Agenda

- Learn how coaching can empower your child(ren) to overcome everyday challenges
- Explore popular Clayful tools to use at home
- Q&A

Clayful Coaching



**FWPS is partnering with
Clayful as an
additional pathway to care**



How does Clayful coaching work?

**With Clayful, students build
resilience
in real time
with 1:1 on-demand coaching**

Using a school computer or personal device,
students connect with a **human coach**
in **60 seconds** - before, during, & after school



Who are Clayful Coaches?


Clayful Coaches are former educators, mental health professionals, community leaders & industry professionals who have a passion for kids and mental health 🧡



Clayful Coaches:

- ✨ Complete a rigorous 7-phase interview process
- ✨ Undergo extensive background checks
- ✨ Pass a certification program with multiple assessments & simulations
- ✨ Are supported by a clinical supervisor who is monitoring chats at all times

a few more
facts about
Clayful

Coaches are
always
humans,
not robots 

Coaching is
available
any time
Monday - Friday
8am - 10pm

Coaching is
available in
133
languages

Coaching is chat based,
the format students
prefer most

Clayful is a
mandated reporter
& escalations are
reported back to the
FWPS team

What do scholars say about Clayful?

Dear coach I really appreciate you talking with me because it made me believe in myself more.

I feel Light, like I weight was lifted off my chest

i feel more confident and relaxed

Thank you for the help today coach! i feel like I understand my problems more and how I can solve them I probably wouldn't if I never talked to you who ever you are thank you for helping people feel better on there bad days.

Clayful Tools For You

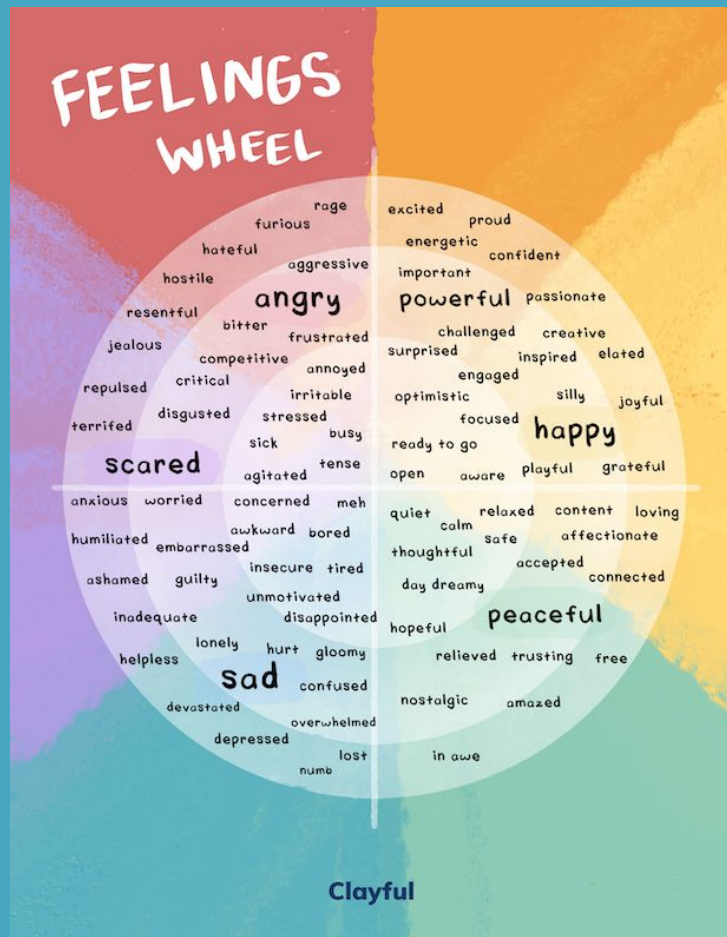


Tool #1: The Feelings Wheel

We often answer the question
“how are you?” with “good” or fine”

Increasing our emotional awareness &
vocabulary can help us:

- understand ourselves
- manage our emotions
- make better decisions

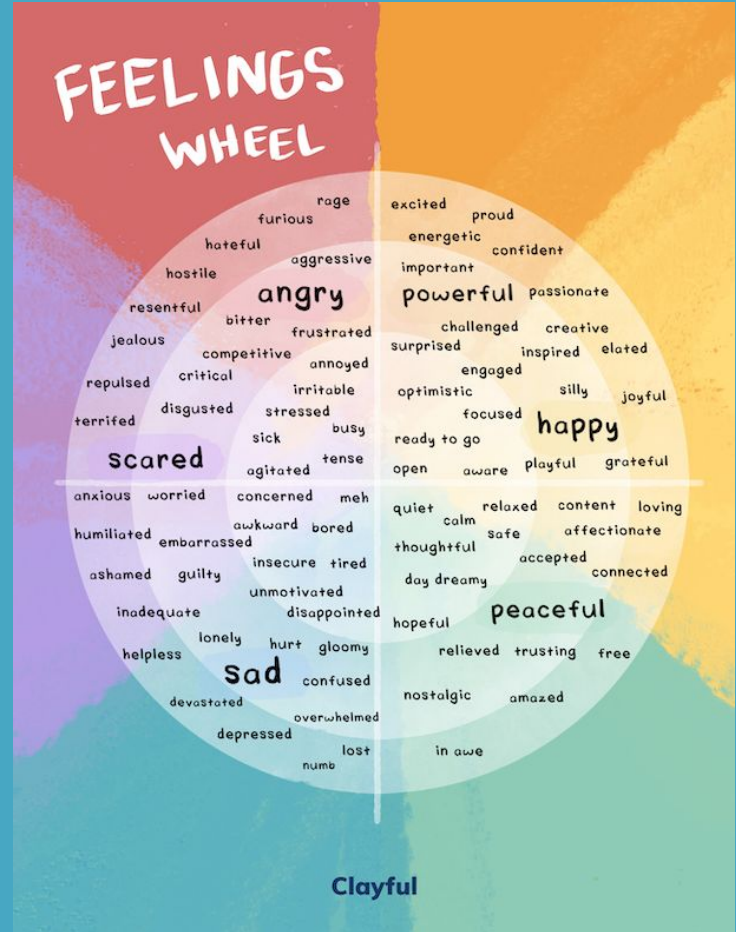


Strategy to Try at Home

Use the question “how are you?” as an opportunity to check in with what you & your scholar are really feeling.

☀️ Try it out!

- ➡️ Read each word on the feelings wheel
- ➡️ Tell a neighbor or write down at least 3 things you are feeling today



Tool #2: Leaves on a Stream

We have over 60,000 thoughts a day- we can often get “hooked” into them

Learning to separate ourselves from our thoughts helps us:

- increase our capacity for focus
- reduce anxiety
- strengthen our sense of self



Strategy to Try at Home

When you or your scholar are overwhelmed with anxious thoughts, imagine putting them on a leaf & watching them float away.

☀️ Try it out!

Spend 1 minute noticing your thoughts & letting them go



*put each thought on a leaf
&
watch it float away*

Tool #3:

Schedule & Reflect

It's easy to feel overwhelmed by responsibilities when we don't have a plan.

Making a schedule & reflecting on how we use our time can help us

- stop procrastinating
- excel in school
- have more time for rest & things that really matter to us

Schedule for week of _____

to do

list everything I have to do this week

write down when I will do everything on my to do list

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							
11 pm							
12 am							

stick to my schedule with these tricks:

take a deep breath
use timers & take breaks
get rid of distractions
break things into smaller steps
remember that once I start, it will feel easier

reflect

ask myself at the end of the week:

what went well?

what do I want to spend more time doing next week?

what can I spend less time doing next week?

Clayful

Strategy to Try at Home

Use this tool to support with scheduling responsibilities & reflect together.

☀️ Try it out!

Tell your neighbor or write down:

➡️ What do you want to spend more time doing next week?

➡️ What can you spend less time doing?

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Clayful

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To set up their Clayful
account

scholars go to:

Chatwithclayful.com

or



Choose Sign up
with Google

Set Up

Log In

Create your new account

Already have an account? Click **Log in** 



Sign up with Google



Sign up with Clever

or



Sign up with school email

Questions? Email us at help@clayfulhealth.com

Q&A

Thank you!

Appendix

 **Try a Journal**

What Animal is Your Anxiety?

Website: clayful.co/anxiety-ex

Password: Clayful2023!

What's in a name?



We are all made of clay

The world can shape us

With the right tools, we can shape ourselves

Into the shape we want to be

CF

I'm a therapist who doesn't get to see a lot of children at my practice. I wanted to be able to be of help to more students!

KH

I know how it can feel to not know where to go or have anyone to talk to - I love being able to open that space for youth to reach out to and feel like someone is listening and there for them

FR

I heard about the company through a friend who is currently a coach and the opportunity sounded amazing! I have a master's in Psychology and I'm currently an Academic Success Coach :)

BT

Mental health and wellness is so underestimated in the impact it has on the whole self. Starting to nurture self-care, breathing and emotional regulation techniques at a young age can make such a difference!

WL

I have always had a passion for psychology and mental health and as of 4 years ago, I began an advocacy account called The Acne Effect to educate the public and raise awareness about the impact acne has on mental health. Through this, I love helping people live their lives despite their skin condition.

MV

As a teacher I have seen the huge need for young people to have support in dealing with their vast rang of emotions.

Who started Clayful?

After reading an article about the rise in suicide rates of 8-year-olds, Maria & Melissa realized this was a problem they wanted to solve.

Their education from Stanford University, in addition to their experiences in education, technology, HR, engineering and human centered design helped them build Clayful.



All Clayful Coaches are trained mental health professionals

Coaches are experienced & educated

All coaches have 4+ years of experience working with preteens/teens or mental health.



Coaches are the best of the best

Less than 10% of applicants that apply are accepted to coach



Coaches get it

Coaches are selected to represent the diversity of students we serve



Feedback Survey

Please help us improve by sharing your feedback about today's event through a 3-minute survey.



Scan QR code,
or visit: www.fwps.org/FamilyAcademySurvey

Encuesta posterior al evento: !Ayúdenos a mejorar!

Sau buổi sự kiện: Hãy giúp chúng tôi cải thiện!

*Опрос мнения по окончании мероприятия:
Помогите нам учесть недочёты!*

*پست-نظرسنجی : رویداد به ما کمک می کند
بهبود یابیم!*

Breakout 2 Workshops

Native Plant Teachings to Support Wellness | Room B213

Mental Health Needs for Scholars with Disabilities | Room 139

Excused Absences Are No Excuse to Fall Behind | Room 150

Secondary - Dealing with Digital Drama | Room 151