

[What is *Riding the Waves*? - Information for families](#)

Riding the Waves is developmentally appropriate for 5th grade students and taught by the Willow Elementary school teachers, psychologist, and school counselor. Lessons address healthy emotional development, depression, and anxiety. This curriculum's overarching goal is to build the emotional skills within children to prevent suicide at its earliest stages.

The resource [Safe2Tell](#) is shared with all students.

1. [Lesson 1 - Handout for Families](#)
2. [Lesson 2 - Handout for Families](#)
3. [Lesson 3 - Handout for Families](#)
4. [Lesson 4 - Handout for Families](#)
5. [Lesson 5 - Handout for Families](#)
6. [Lesson 6 - Handout for Families](#)
7. [Lesson 7 - Handout for Families](#)
8. [Lesson 8 - Handout for Families](#)
9. [Lesson 9 - Handout for Families](#)
10. [Lesson10 - Handout for Families](#)
11. [Week 11 - Handout for Families](#)
12. [Lesson 12- Handout for Families](#)