

The Backpack Series

Author Visits & Workshops

Navigating the joyful and stressful times that young people experience.

Helping students understand, name and navigate the feelings they carry in the backpack you don't see. Through an engaging read-aloud, meaningful discussion and a reflective literacy activity, Julie-Ann Pontarollo invites students to explore emotions, build emotional awareness and develop simple strategies for navigating the ups and downs of growing up.

Author Visit Workshop Options

1

Read Aloud + Discussion

30 minutes

A live reading from The Backpack Series followed by an engaging group discussion about feelings and experiences.

2

Read Aloud + Discussion + Literacy Activity

60 minutes

A read-aloud followed by discussion and a student reflection/literacy activity.

3

Half-Day Workshop

2-3 sessions

A flexible format designed to accommodate multiple classes and grade levels.

4

Full-Day Workshop

4-6 sessions

A full-day experience that can be adapted for multiple classes and grade levels.

Programs can be adapted to suit any grade level.

Why Book the Visit?

Students explore:

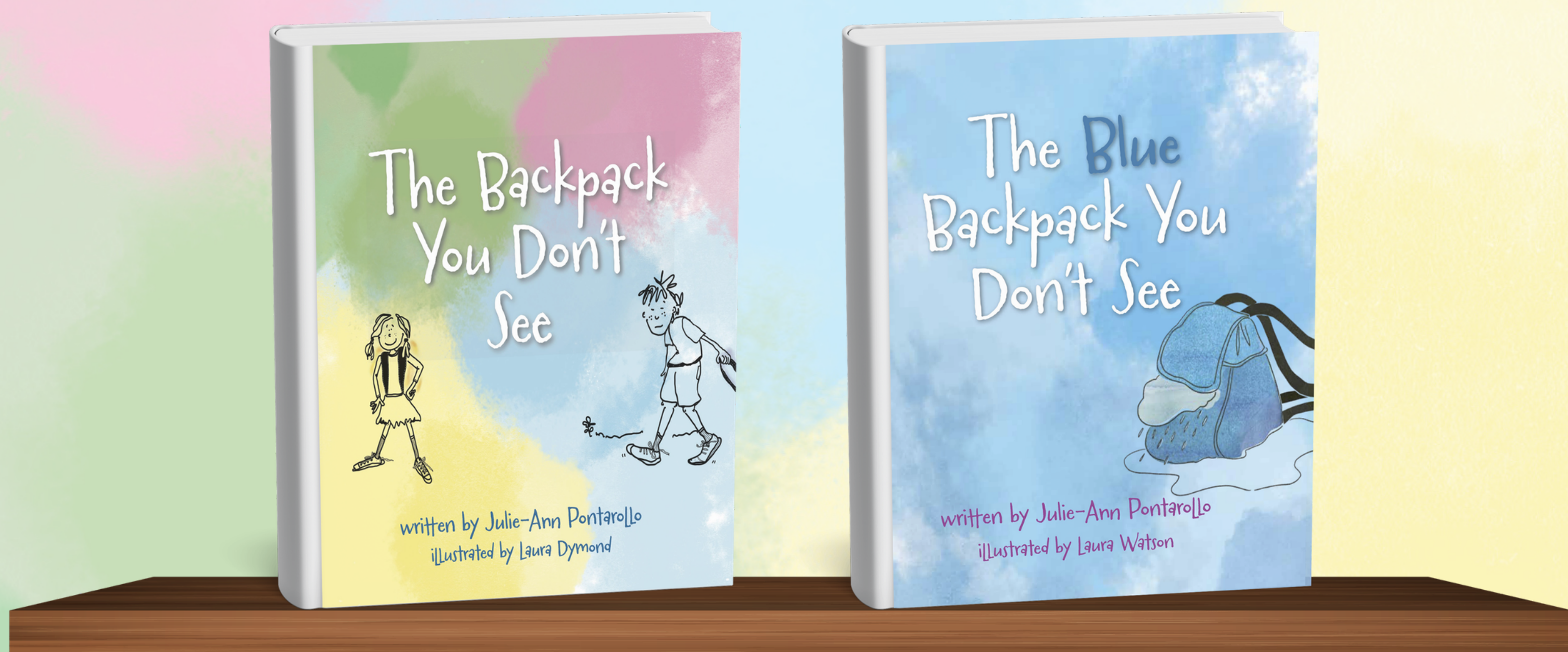
Emotional awareness, Naming and normalizing feelings, Empathy & resilience, and Healthy ways to navigate challenging emotions



Julie-Ann Pontarollo, OCT, B.A., B.Ed.

Author • Educator • Workshop Facilitator

info@thebackpackseries.com thebackpackseries.com



www.thebackpackseries.com
Scan to learn more!