

What's included in the GoZen! subscription?



GoZen! Anxiety/Stress Relief Program

6 Modules / 36 Animations / 75+ Minutes of Video

Our flagship animated program for kids of all ages who have anxious, fearful, or hopeless thoughts.

- How anxiety/excessive worry affects the body & mind
- Physical understanding of the brain and how it deals with worry
- Recognizing "ThoughtHoles" or thoughts that distort reality
- The 5Cs of resilience, the FARR Method and other techniques



GoStrengths! Well-being/Resilience Program

10 Modules / 115 Animations / 125+ Minutes of Video

A comprehensive animated resilience program for kids of all ages used for bullying prevention, self confidence, and SEL skills.

- Well-being, purpose, self-awareness and self-compassion
- Resilience, grit, and character strengths
- Problem solving, goal setting, fixed vs. growth mindsets
- Social connections and listening skills



GoMindset! Growth Mindset Program

3 Modules / 11 Animations / 40+ Minutes of Video

An animated program for kids and tweens about taking on challenges, persevering through frustration, and fostering a growth mindset.

- Identify and use mistakes as a springboard for growth
- Talk back to self-critical inner voices
- Handle frustration and work through it
- Use science-backed goal-setting techniques



GoCharge! Anger Transformation Program

4 Modules / 19 Animations / 50+ Minutes of Video

An animated program for tweens and teens about dealing with anger, frustration, and big reactions to situations.

- Why anger is a normal, healthy emotion and the messages anger is trying to send, how to "talk to" your anger
- Recognizing the underlying thoughts and emotions beneath anger
- Breaking the cycle of angry reactions, feeling in control/empowered



GoToTheNow! Mindfulness Program

1 Module / 12 Animations / 40 Minutes of Video

An animated introduction to mindfulness for all ages, featuring multiple tried-and-true exercises that kids can follow along with.

- The connection between thoughts and reactions
- Being in the present moment vs focusing on the past or future
- Breathing exercises, movement exercises and guided meditations
- Finding calm from impulsive, hyperactive and reactive behaviors



GoPositive! Negative Thought Relief Program

1 Module / 7 Animations / 30+ Minutes of Video

An animated program for tweens and teens all about negative self-talk, self doubt, and how to break free from negative thought cycles.

- The "sticky" nature of negative thoughts
- Transforming our relationship with negative thoughts
- Treating yourself with compassion instead of criticism
- Separating thoughts and feelings from our sense of self-worth

Learn more at GoZen.com/programs/

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GoAction! Procrastination Relief Program

1 Module / 6 Animations / 24+ Minutes of Video

An animated program for tweens and teens about procrastination and executive functioning skills.

- The characteristics of procrastinators and how procrastinating creates problems
- Breaking down goals into smaller steps and preparing for setbacks with When-Then and If-Then techniques



GoWave! Panic Attack Relief Program

1 Module / 14 Animations / 60+ Minutes of Video

An animated program for tweens and teens experiencing panic attacks all about dealing with uncomfortable feelings.

- All about the Fight, Flight, or Freeze response
- Recognizing triggers and mind tricks and how "What Ifing" can lead to panic
- Learning to "ride the wave of feelings"
- Methods to conquer panic attacks



GoHackify! OCD Relief Program

5 Modules / 30 Animations / 110+ Minutes of Video

An animated program for use with kids and tweens experiencing OCD. Includes a 165-page workbook for kids and a support workbook for parents.

- Identifying and managing intrusive thoughts
- Identifying and managing repetitive behaviors
- The continual cycle of Brain "Spam", techniques to break the cycle
- Extra material so parents are on the same page



Anger Transformation Challenge

2 Modules / 10 Videos / 27+ Minutes of Video

A live-action challenge series + printable journal, taught by a peer.

- Responding to anger instead of reacting to it
- Understand what your anger is communicating
- Identify positive character strengths in yourself and loved ones
- Uncover stories you're telling yourself about your feelings
- Practice conflict resolution in a healthy way



BONUS: Experts On-Demand Library

125 Interviews / 8 Masterclasses / 3 Workshops

World-renowned experts on grit, motivation, resilience, courage, sleep, screentime, and more teach us how to be the parents and educators our kids need.

- 125 full-length videos of each interview (averaging 45 minutes each), full transcripts, and MP3s
- Advice from each interview is made actionable with engaging worksheets
- Access to our 3 super-popular parenting workshops, with more on the way!



BONUS: Printable Library

Activity Kits / Journals / Flashcards / Posters / Audio Stories

An extensive, fully searchable library of PDF printables, categorized by topic or format so you can always find exactly what you're looking for.

- Over 100+ printables that can be used separately or as a complement to the programs
- Easy to use handpicked "kits" grouped by age and topic
- New downloads are added each month!

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