



WELLNESS WEDNESDAY'S

Students start the day in our mini auditorium with a message from Principal Johnson and then a 30-minute mindfulness lesson. The intention behind teaching mindfulness lessons is to help expand our students' self-awareness by learning how to regulate their thoughts and emotions with different topics like: Self-Love, self-care, kindness, facing fears, limiting beliefs, positive affirmations, self-compassion, vision boards, and other topics that encourage exploration of self. The goal is that they develop mindfulness as a tool that will provide healing, inner-stability, and inner-guidance as they evolve and transform throughout their lives.

Students also rotate in small groups between two yoga studios for a 25-minute yoga class. Yoga provides many physical benefits like flexibility, balance, and full-body muscular strengthening and conditioning. Yoga provides students with time to be in the present moment with their bodies and an opportunity to release or process any mental or emotional stress.

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OUR MISSION

Thrival Indy Academy is a humanities-focused high school which exposes students to diverse global perspectives through experiential learning and identity exploration in order to incubate educated global citizens and passionate community leaders.



THRIVAL INDY ACADEMY

Program Guide

BU WELLNESS NETWORK

We are partnered with BU Wellness for our Wellness Wednesday program to enhance the health and wellness of the community we serve through Sexual Health Education, HIV/STI confidential testing, weekly fresh fruit served to students and staff, as well as an upcoming cooking class with students for our enrichment blocks.

BU Wellness Network attends Thrival for the BU Fresh Market contribution of fresh produce for students and staff. Additionally, they visit monthly on Wellness Wednesday for a Nutrition Presentation and Sexual Health Discussions with students while preventing confidential HIV/STI for students and staff. Education initiatives and approved risk reduction materials as necessary to the students and staff are easily accessible.



TRAUMA-INFORMED THERAPY

We are honored to have a Licensed Family and Marriage Therapist who is also certified in Reiki Healing as well as Rapid Transformational Therapy through hypnosis. Her dual role in the school is Social Emotional Learning Specialist and Family & Community Engagement Coordinator. In this position, she works closely with a caseload of students, providing one-on-one services, leads group sessions, and maintains active communication with the families of our students.

We believe effective healing begins by identifying the root cause of pain. These services are offered for free to our students. We are proud to serve these young adults and their families at the highest social and emotional level.

ENRICHMENT BLOCKS

Volunteers from the community come to share and teach different life skills that are other avenues that lead to "being well". Students can participate in leadership classes, conflict resolution, drone and robotic classes, creative expression, and barbering class. The goal is to expose students to different life skills, trades, information, and experiences that are also a part of creating overall wellness and provide tools for a successful experience during after their high school career.

GUEST SPEAKERS SERIES

Our guest speaker series includes people from all walks of life with knowledge, wisdom, and a story to share. Speakers have shared about world travel, turning suffering into success, authoring a children's book, college admissions, and more to come. The goal with our guest speaker series is to provide students with a diversity of people who have experience and knowledge that can expand students' perception of people, the world, success, and the journey of life.

