



Whale hello, Lead U here 🐋

We had an awesome time visiting your child's school with our crew! The students jumped right in ready to play, laugh, and learn about what it means to be a leader every day.

About Lead U

Lead U is a play-based leadership experience that helps students build confidence, kindness, and connection through interactive, high energy assemblies and workshops. We believe leadership starts from the inside when students learn to communicate effectively, make positive choices, and treat others with respect. Lead U was founded by educators in 2016 and has since empowered over 1 million learners.

Our approach is backed by research that shows play helps the brain learn faster, think creatively, and build stronger relationships. When students move, laugh, and lead together, they activate their minds and remember what they learn!



About Our Assembly Experience

During our visit, students practiced developmentally appropriate skills that help them shine at school, at home, and in their community – including:

- **Communication:** choosing kind, positive words and actions
- **Active Listening:** focusing, understanding, and caring about others' ideas
- **Emotional Regulation:** understanding feelings and using strategies (like deep breathing) to stay calm and kind
- **Collaboration:** working together and celebrating others' wins



Every game, story, and laugh was designed to help students feel confident in who they are and excited to make a difference.

Table Talk Prompts

Keep the experience going at home! Try these family conversation starters:


1. What was your favorite part of the Lead U assembly?
2. Who do you view as a positive leader in your life?
3. What breathing strategy works best for you? When might be a time you could use it? (i.e five finger breathing, dragon breath, rainbow breath)
4. When did you make a smart choice today?
5. What's one way you can choose to be a kind leader tomorrow?


Thanks for letting us be part of your school community. Remember — leadership isn't a position, it's a choice we make every day.

See you again soon,
The Lead U Crew

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