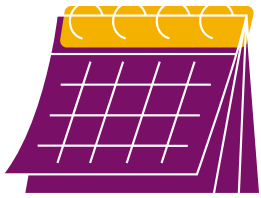




The KiSS Program combines proven learning science with playful design to make reviewing core skills over breaks effective and fun!



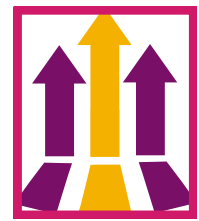
### DAILY REMINDERS

go directly via text or email to a focused cognitive workout session.



### BRIEF ACTIVITIES

boost memory, strengthen connections, and build resilience.



### EMPOWERING MESSAGES

inspire effort, build confidence, and encourage growth.

*"I felt so much more prepared going into the semester!"*

*— Student, Winter 2025*

**Learn more at** [www.KeepinSchoolShape.com](http://www.KeepinSchoolShape.com)