

# INFORMATION GUIDE



## INTRODUCTION

Social emotional learning has been shown to reduce misbehavior in the classroom, while simultaneously increasing academic achievement. Through our robust lesson, students learn and practice important social emotional learning skills including responsible decision making, self awareness and management, social awareness, and relationship building. Planning targeted instruction of important social emotional learning competencies is critical to elevating student well-being, resilience, and effective communication.

Our social emotional learning lesson plans are complete with all the tools you need to use them right away to create meaningful and thought-provoking meetings that support your students in developing the skills they need to be successful in school, work, and life.

This guide will walk you through what you need to know in the plans.

## OUR "BASIC" STRUCTURE

Using our BASIC structure, students are engaged in a variety of activities with opportunities to learn in dynamic ways. The predictability of lessons sets students' minds at ease and allows them to delve deep into content.

**B****BRIEF**

Clearly states what the objectives are for the meeting and ignites students thinking on the meeting topic.

**A****ARRIVAL**

Short positive interactions at the door set the tone for the meeting, gauge energy levels of the students, and strengthen personal connections.

**S****SOCIALIZE**

Providing time for students to connect with one another supports the meeting goals, helps to foster positive relationships, and builds a sense of safety.

**I****INVOLVE**

Structured activities allow students time to share their knowledge, problem-solve, and relate the new skills and content knowledge to their personal lives.

**C****CLOSING**

Closing out the meeting by reviewing, summarizing, and reflecting increases student engagement through providing time to synthesize the material.

**S****STRETCH**

Suggestions of how to continue the learning through activities, conversations, or literature, extend the students' learning beyond this meeting.

## PERSONALIZING

The social emotional learning lesson is completely planned for you! While there is room to personalize it, sample language is included to make meaningful connections from one component to the next and land the critical points throughout the meeting.

## EVERYTHING YOU NEED

Our lesson plans include everything you need to get started! From slides and handouts ready to use to timing and clear directions, these lessons are all inclusive and allow you to maximize your focus on teaching students the important social emotional competencies they need.

## MATERIALS

Each meeting includes a materials list, showing you everything you need to have ready for the lesson, making preparation easy!

## SUPPORT

Also included with a full package of plans is an asynchronous learning session to learn about crucial management tools that are beneficial in every classroom, and help make these lessons even more successful.

## FAST FACTS

- ✓ These structured, 40–60 minute learning sessions are developmentally appropriate for K-2, 3-5, or 6-8.
- ✓ Each monthly lesson launches students into exploring concepts that are essential to success in everyday life.
- ✓ The lessons can be completed in any order, based on the needs of the students, and can be conducted in the classroom or in mixed-grade level groupings to help build community schoolwide.
- ✓ Students explore, practice, and apply social emotional learning skills and have fun while developing these critical competencies.

## READY TO GET STARTED?



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