



SEL Curriculum For Students

We have packed this program full of SEL Curriculum,
but the Choice is Yours on how you wish to utilize it.

By using our **extensive video library**,
let us virtually step into your classroom and deliver powerful mini-lessons.

Or, if you prefer a more hands-on approach, take the reins and use the lesson plans,
student activities, and videos provided as a guide for you in your classroom.

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Course Breakdown



Take A Look Inside
The Strobel
Education SEL
Curriculum For
Students

Unit 1 - Cultivating Happiness

Grades K-5

- Lesson 1: Because I'm happy! Understanding Happiness Research
- Lesson 2: The Power of Positive Thinking
- Lesson 3: Say What You Want, I Think It's All Beautiful: The Joy List

Grades 6 - 12

- Lesson 1: Whoa! I feel good! Understanding Happiness Research
- Lesson 2: Good Vibes Only! The Power of Positive Thinking
- Lesson 3: Here Comes the Sun! The Joy List

Unit 2 - Practicing Gratitude

Grades K-5

- Lesson 1: I am grateful! The Attitude of Gratitude
- Lesson 2: Oh! What a Wonderful Feeling! Practicing the Attitude of Gratitude
- Lesson 3: The Composition of Gratitude: Keeping a Gratitude Journal
- Lesson 4: Sending Good Vibes! Expressing Gratitude
- Lesson 5: Mantras! Gratitude Mindset

Grades 6 - 12

- Lesson 1: A-O-K: Attitude of Gratitude
- Lesson 2: Attitude of Gratitude: Keeping a Gratitude Journal
- Lesson 3: Spread the Love! Showing Gratitude Towards Others

Unit 3 - Positive Affirmations

Grades K-5

- Lesson 1: Can't Stop the Feeling! Changing Negative Thoughts to Positive Thoughts
- Lesson 2: The Power of Positive Thinking
- Lesson 3: Say What You Want, I Think It's All Beautiful: The Joy List

Grades 6 - 12

- Lesson 1: Whoa! I feel good! Understanding Happiness Research
- Lesson 2: I am kind! I am smart! I am important! Using Positive Affirmations
- Lesson 3: Positive Actions and Positive Affirmations

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Unit 4 - Growth vs. Fixed Mindset

Grades K-5

- Lesson 1: No Regrets! Turning Mistakes into a Growth Mindset
- Lesson 2: I Know I Can! The Power of Yet with a Growth Mindset
- Lesson 3: I can and I will! Setting Goals with a Growth Mindset

Grades 6 - 12

- Lesson 1: Don't Stop Believin'! Keeping a Growth Mindset!
- Lesson 2: Engage your brain! Neuroplasticity and the Growth Mindset
- Lesson 3: The Limit does not Exist! Setting Long Term Goals with a Growth Mindset

Unit 5 - Positive Perspective

Grades K-5

- Lesson 1: Walking on Sunshine! The Power of Positive Perspective!
- Lesson 2: What a Wonderful World! Finding the Beauty
- Lesson 3: I'll be Happy When... Positive Perspective Now!

Grades 6 - 12

- Lesson 1: I Can See Clearly Now! The Power of a Positive Perspective
- Lesson 2: My Journey, My Story! A Positive Perspective and Our Lives
- Lesson 3: Don't Stop Me Now! Positive Perception of Self

Unit 6 - Mindfulness Techniques

Grades K-5

- Lesson 1: Calm, Cool, and Collected! What is Mindfulness?
- Lesson 2: Move and Groove! Using Movement as a Mindfulness Technique
- Lesson 3: Breathe in the Positive!

Grades 6 - 12

- Lesson 1: I am here for it! Exploring Mindfulness
- Lesson 2: Mindfulness through Movement
- Lesson 3: Mindfulness Challenge! Developing a Mindfulness Plan

Unit 7 - Random Acts of Kindness

Grades K-5

- Lesson 1: It's Cool to be Kind! What is Kindness?
- Lesson 2: Pay it Forward! Showing Kindness to Others
- Lesson 3: I Promise to Put Myself First! Kindness Towards Ourselves

Grades 6 - 12

- Lesson 1: The Science of Kindness
- Lesson 2: Philanthropy: Showing Kindness to Others
- Lesson 3: Self-Care is Not Selfish! Showing Kindness Towards Yourself

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