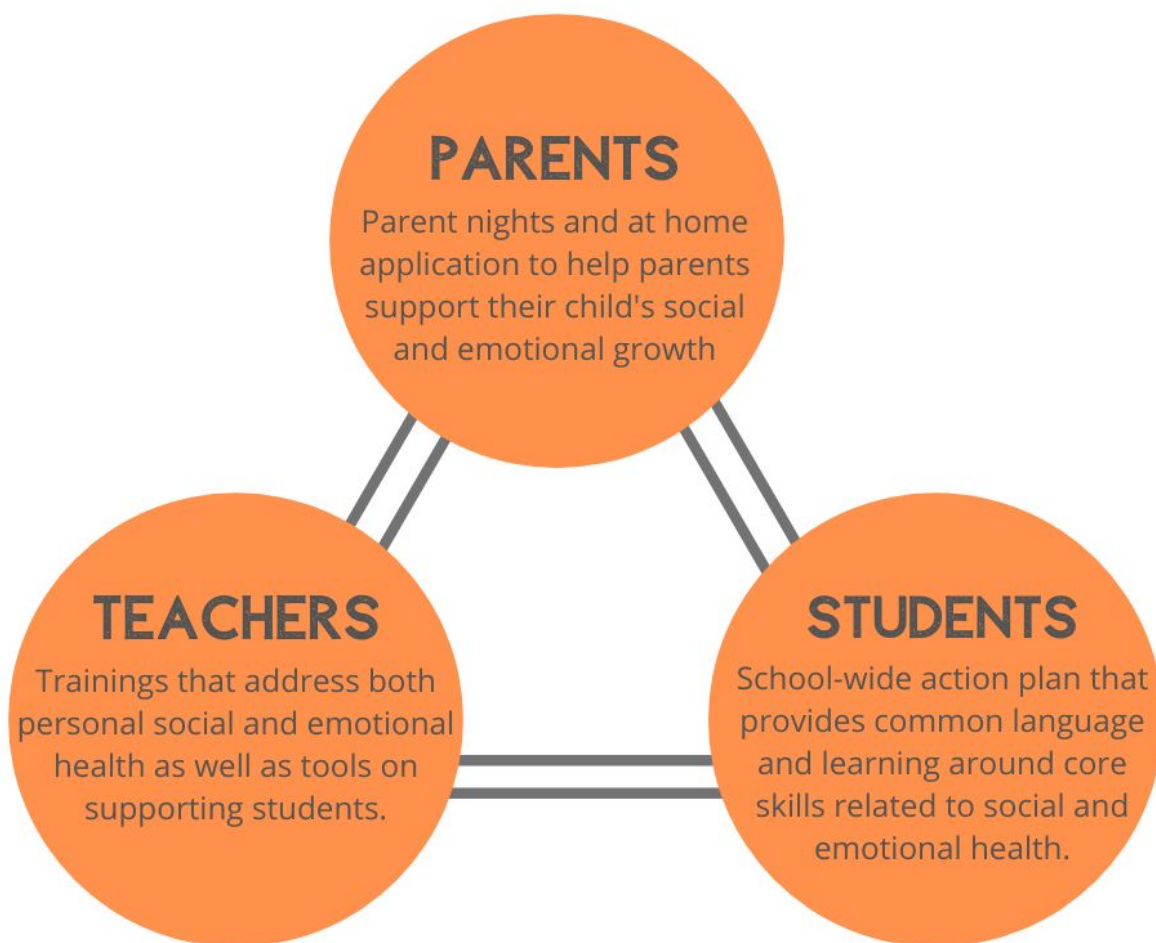

Social and Emotional Health Program Proposal

Elementary - High School

The goal of this program is to address the social and emotional needs of your school community through parent education, teacher trainings, and a school wide action plan that fosters community knowledge and awareness of the core skills related to social and emotional health.



School Wide Action Plan:

The goal of the school wide action plan would be to provide staff and teachers developmentally appropriate knowledge, talking points, and simple activities they can do with their students around three core skills for social and emotional health. This will create common language and skills within your school community.

Core Skill #1: Big Emotions and What We Can Do

- Month 1 - What are Emotions
 - Students will be able to identify and understand what emotions are and where they come from.
- Month 2 - Our Brain/Body and Emotions
 - Students will be able to identify and understand what happens to their brain and bodies when they have big emotions.
- Month 3 - Responding to Big Emotions
 - Students will be able to identify and practice different ways to help handle their big emotions
- Month 4 - Responding to others big emotions
 - Students will be able to identify and practice responding appropriately to those around them with big emotions.

Additional Core Skill Learning Modules

Core Skill #2: Healthy Relationships and Community Learning Module/ Social Awareness

Core Skill #3: Decision Making and Goal Setting Learning Module

Info and Contact

Action Parenting was co-founded by Hannah Benedict and Jessi Sigander. Both have backgrounds in education and psychology and believe that social and emotional health is best addressed from a whole system perspective. To learn more about us and Action Parenting, please visit www.actionparenting.org

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