

## Student and Teacher Class Offerings

Cultivating Kindness uses the CASEL Framework including their 5 SEL Core Competencies. Planning and programming is decided with the school to provide the resources and tools that are right for your students and staff. A sample of classes and courses are included below which can be adjusted based on the age of the student, and the goals of staff or the school's curriculum.

### Self-Awareness

**What Can I Hear When I Breathe?** Learn the power of a moment of silence or a few simple breaths and how it helps you connect with your feelings so you can assess the next step and care for yourself. Explore simple breathing exercises you can use anytime and anywhere.

**Skills:** Self-Awareness, Basic Mindfulness, Learning to Breathe, Connecting to Feelings, Naming Emotions, Basic Self-Care Tools

**How do My Emotions Feel?** Learn how to understand your emotions, the way they feel in your body and the sensations they create. It's different for everyone and that's okay! Explore self-care tools you can use to manage physical sensations with fun and interactive activities.

**Skills:** Self-Awareness, Basic Mindfulness, Naming Emotions, Learning to Breathe, Connecting to Feelings, Self-Care Tools

### Self-Management (Self-Care)

**Creating a Self-Care Tool-Belt:** Dive deeper into Self-Care so you feel equipped to manage and soothe the feelings you feel. Learn, explore, feel, and try a variety of techniques like comfort, movement, hand/brain interactions, music and breath. You can use these tools to help you manage your emotions and start creating a Self-Care Toolbox that's just for you!

**Skills:** Self-Awareness, Self-Care, Emotional Awareness, Mental Management, Body Management, Cultivating Self-Worth, "I can" Mindset

#### **The Courage to Say, "I am, and can!"**

Learn the importance of planning and taking initiative as positive steps that create a healthy sense of self. We will explore the benefits of positive affirmations, implementing self-care plans and the importance of cultivating an "I can" mindset! It's easier than you might think, and it feels really great!

**Skills:** Self-Awareness, Self-Care, Emotional Management, Mental Agency, Goal Setting, Planning, Empowering Self-Worth

## Responsible Decision Making

**Choosing Me!** Learn how healthy decisions support a positive sense of self as well as your physical and mental health! How we feel is directly affected by the choices we make. From what you choose to eat to the friends we surround ourselves with, the decisions we make cultivate self-love and self-worth when we pause to ask ourselves, “how does this feel to me?” and choose from that place.

**Skills:** Self-Awareness, Self-Care, Empowering Agency, Cultivating a Positive Sense of Self, Healthy Decision Making, Self-Worth

**I Want to Be the Best Person I Can Be!** Explore values that align with “Being the Best Person I can Be” and choosing to make commitments to live from that place is an empowering path towards self-agency. We will explore positive character traits and create “I am” statements that embody the person you want to be. “I am” statements and traits will be explored as individuals and in group activities.

**Skills:** Self-Awareness, Self-Care, Character Development, Positive Decision Making, Self-Commitment, Empowering Agency, Self-Worth, Compassion

## Relationship Skills

**Go You!** Exploring your own strengths and learning to celebrate each other’s strengths is an exercise in kindness and support. We will use a variety of activities to practice teamwork and positive, supportive relationships as well as extending kindness and compassion to ourselves and our classmates.

**Skills:** Self-Awareness, Self-Care, Character Development, Positive Decision Making, Self-Commitment, Empowering Agency, Self-Worth, Compassion, Fostering Support , Encouragement and open heartedness

**Teamwork makes the Dream Work!** Learning self-advocacy, how to communicate in kindness and clarity, and being open to another’s ideas and gifts are important life-skills to have and to share. We will explore how our collective strengths can create a beautiful masterpiece and learn how beneficial teams can be to everyone involved in group decision making.

**Skills:** Self-Awareness, Self-Care, Character Development, Positive Decision Making, Teamwork, Empowering Agency, Self-Worth, Compassion, Fostering Support, Encouragement, and open heartedness

## Social Awareness

**Your Shoes or Mine?** Standing in someone else's shoes to understand compassion, empathy, and kindness is an exercise we can all do together. Our shared experiences of joy, sadness, excitement, and disappointment (to name a few) help to connect us to truth that we are all one. We will explore our differences with love and compassion, and our similarities too, and have fun while we do. Because that is the truth of life for all of us, ups and downs, sadness, and difficulties, and lots love and joy too!

**Skills:** Self-Awareness, Self-Care, Teamwork, Empowering Empathy, Self-Worth, Compassion, Cultivating Kindness, Encouragement, Open Heartedness, and Love

**Cultivating Kindness:** Using art, mindfulness, and pure positivity we will explore empathy, helping our community and sharing kindness by celebrating that joy within us and sharing it too. Acts of kindness to ourselves and others cultivate self-love and self-worth. This remind us of the gifts we bring to the world and the beauty of who we are.

**Skills:** Self-Awareness, Self-Care, Teamwork, Empowering Empathy, Self-Worth, Compassion, Cultivating Kindness, Encouragement, Open Heartedness, and Love