



# TLC'S "I AM ME"

## CASEL-ALIGNED CURRICULUM

CASEL Alignment & Engagement Activities		Self Awareness - Identity	Self Management - Agency	Responsible Decision Making - Curiosity	Relationship Skills - Collaborative Problem Solving	Social Awareness - Belonging	ACTIVITIES	Mindfulness Moments	Fun-tivity	Art Activity	Journaling	Guided Discussions
PHASE 1												
L1	I Am Me... TLC	X	X	X	X	X		X	X	X	X	X
L2	Who Am I?	X	X	X		X		X	X	X	X	X
L3	I Am Peaceful	X	X	X	X	X	X	X	X	X	X	X
L4	I Am Feeling	X	X	X	X	X		X		X	X	X
L5	I Am Forgiving	X	X	X	X	X	X	X	X	X	X	X
L6	I Am Part of the Solution	X	X	X	X	X	X	X		X	X	X
L7	I Am Communicating	X	X	X	X	X		X		X	X	X
L8	I Am Motivated	X	X	X	X	X	X		X	X	X	X
L9	I Am Kind	X	X	X	X	X		X	X	X	X	X
L10	I Am Giving	X	X	X	X	X	X		X	X	X	X
L11	I Am Heard	X	X	X	X	X		X	X	X	X	X
L12	I Am on My Way	X	X	X	X	X	X	X	X		X	X



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PHASE 2												
L1	I Am Continuing to Grow	X	X			X		X		X	X	X
L2	I Am Courageous	X	X	X		X			X	X	X	X
L3	I Am Enough	X	X	X	X			X		X	X	X
L4	I Am Choosing	X	X	X	X	X		X	X		X	X
L5	I Am My Social Media Footprint	X	X	X	X	X			X	X	X	X
L6	I Am Asking for Help	X	X	X	X	X			X		X	X
L7	I Am a Peaceful Warrior	X	X	X	X	X		X		X	X	X
L8	I Am Discovering a New World	X	X	X	X	X			X		X	X
L9	I Am Part of the Community	X	X	X	X	X			X	X	X	X
L10	I Am Making a Difference	X	X	X	X	X			X	X	X	X
L11	I Am on My Path	X	X	X	X			X	X	X	X	X
L12	I Am Part of the Bigger Picture	X	X	X	X	X			X	X	X	X



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PHASE 3												
L1	I Am One of a Kind	X	X	X	X				X	X	X	X
L2	I Am Connected	X	X	X	X	X			X		X	X
L3	I Am Safe	X	X	X	X			X		X	X	X
L4	I Am a Great Communicator	X	X	X	X	X			X		X	X
L5	I Am Drama Free	X	X	X	X	X			X		X	X
L6	I Am a Good Friend	X	X	X	X	X				X	X	X
L7	I Am My Own Economist	X	X	X	X	X				X	X	X
L8	I Am Solving a Problem	X	X	X	X	X		X	X	X	X	X
L9	I Am Saving the Planet	X	X	X	X	X			X	X	X	X
L10	I Am Grateful	X	X	X	X	X		X		X	X	X
L11	I Am Happy	X	X	X	X	X			X	X	X	X
L12	I Am Paying It Forward	X	X	X	X	X			X	X	X	X



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PHASE 4												
L1	I Am Optimizing My Brain	X	X	X				X		X	X	X
L2	I Love My ANTeater	X	X	X	X	X			X	X	X	X
L3	I Am Focused	X	X	X	X				X	X	X	X
L4	I Am Brain Healthy	X	X	X	X	X			X		X	X
L5	I Am What I Eat	X	X	X	X			X	X		X	X
L6	I Bounce Back	X	X	X	X	X			X	X	X	X
L7	I Am Open Minded	X	X	X		X			X		X	X
L8	I Am Getting My ZZZZ's	X	X	X	X			X	X		X	X
L9	I Am Mindful	X	X	X	X	X		X	X	X	X	X
L10	Imagine Positive Possibilities	X	X	X	X	X				X	X	X
L11	This is My Brain on Love	X	X	X	X	X		X	X	X	X	X
L12	I Am Building a Superhighway to Success	X	X	X	X			X		X	X	X