



"I AM ME" SEL CURRICULUM

SCOPE & SEQUENCE

PHASE ONE

Common Core Anchor Standards: Reading, Writing, Speaking and Listening

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills and Responsible Decision Making

Engagement Activities: Mindfulness Moments, Fun-tivities, Art Projects, Role Play, Journaling, Guided, Honest Discussions and Stress Reduction Techniques

Phase One Lessons

Objectives for Students

Lesson 1: I Am Me ... TLC

Getting to Know the Real Me

Students are introduced to the "I Am Me" Program and a community of learning.

Create empowerment statements and understand the benefits of mentorship, journaling and of creating community expectations and boundaries.

Lesson 2: Who Am I?

Letting Go of Negative Beliefs & Creating a Positive Mindset

Students will explore the science behind how negative thought patterns are created and how to reset neural pathways by reframing negative thoughts.

Identify their own negative thoughts and adopt a positive perspective by practicing affirmations.

Lesson 3: I Am Peaceful

Learning to Identify & Manage Stress

Students are presented with five stress reduction techniques that can be implemented into a daily routine or used when feeling stress.

Use TLC's five stress reduction techniques to identify daily stressors, the impact that stress is having on the student physically and emotionally, and to create a stress reduction action plan.

Lesson 4: I Am Feeling

Identifying & Creating Healthy Options for Challenging Emotions

Students are introduced to healthy options and strategies when faced with tough emotions.

Identify "challenging emotions", the effects of those emotions, and explore productive behavior alternatives when reacting to challenging emotions.

Lesson 5: I Am Forgiving

Releasing Resentment & Negative Feelings through Active Forgiveness

Students are introduced to techniques that will help them move past resentment and hurt feelings.

Identify their negative emotions, stagnate emotions and practice using forgiveness as a tool to actively "let go" of negative emotions.

Lesson 6: I Am Part of the Solution

Accepting Myself & Others

Students are introduced to different perspectives of bullying scenarios. They are asked to look at what roles they may have taken in past situations and with whom they identify.

Show compassion for people that they may not identify with and practice healthy ways to react when confronted with a bullying situation. Through role-play, students gain empathy and understanding of each role.

Phase One Lessons Cont'd

Objectives for Students

Lesson 7: I Am Communicating

Developing Effective & Thoughtful Communication

Students are taken through a series of exercises focusing on successful listening and language skills.

Identify ineffective communication techniques they typically use and gain insight into what effective communication skills look like through role play.

Lesson 8: I Am Motivated

Active Goal Setting & Planning for a Brighter Future

Students gain insight into their short- and long-term goals through journaling and creative visualization.

Pinpoint "their" personal definition of success, identify specific goals pertaining to various life topics and use creative visualizations and journaling to set motivating short- and long-term goals.

Lesson 9: I Am Kind

Learning to Spread Kindness

Students are given the opportunity to practice acts of kindness with their peers to experience the positive effects of being kind and compassionate.

Discover how to look for the good in other individuals, identify the difference between negative and positive encouragement, and practice receiving compliments graciously.

Lesson 10: I Am Giving

Encouraging Generosity & the Deeper Meaning of Giving

Students discover the positive benefits of expressing gratitude and of unconditional giving.

Use art to tune into feelings of gratitude, recognize who in their lives is special, explore ways to honor those they care about, and understand the difference between unconditional giving and giving with expectations.

Lesson 11: I Am Heard

Empowering the Voices of our Future Leaders

Students work as a team to create a PSA or Social Media Campaign that will have a positive impact in their community.

Collaborate on an artistic project, create a story board and script, understand the impact of positive social media and experience how it feels to create a community-impact project.

Lesson 12: I Am on My Way

Celebrating the Graduates

Students reflect and share about what they learned in Phase One of the "I Am Me" Program.

Identify what tools they feel will be most useful to them, articulate what they would like to create in their future and acknowledge their personal growth and accomplishments.

PHASE TWO

Common Core Anchor Standards: Reading, Writing, Speaking and Listening

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Phase Two Lessons

Objectives for Students

Lesson 1: I Am Continuing to Grow

Continued Growth

Students set intentions and goals for Phase 2 of the "I Am Me" program .

Respond to weekly questions that support short-term goal setting and practice meditation and visualization as a method to study the benefits of personal goal setting.

Lesson 2: I Am Courageous

Exploring Ways to Manage Fear

Students identify and explore their fears through art and visualizations.

Identify their biggest fears, recognize the influence those fears have on their lives, and understand their ability to change our "inner dialogue" when fear arises.

Phase Two Lessons Cont'd

Objectives for Students

Lesson 3: I Am Enough

Releasing Judgments About Yourself & Others

Students are introduced to how "inner dialogue" is directly linked to feelings, emotions and how we perceive ourselves.

Identify their "inner critic" and where their negative dialogue originates from. As well as how to tap into their "inner supporter" to create supportive inner dialogue.

Lesson 4: I Am Choosing

Making Good Decisions

Students reflect on their decision-making skills and are provided with effective decision-making techniques.

Understand the purpose and process of using positive decision-making techniques and make connections between desires to fit in, self-esteem and peer pressure.

Lesson 5: I Am My Social Media Footprint

Identifying & Creating Healthy Options for Challenging Emotions

Students explore their social media usage and how it influences their life.

Become skilled at identifying responsible and productive strategies, while adopting healthy boundaries around social media usage.

Lesson 6: I Am Asking for Help

Learning to Ask for Support

Students are asked to explore their beliefs about asking and receiving help.

Identify how they view those who ask for help and practice asking for and receiving support when looking for solutions to a problem.

Lesson 7: I Am a Peaceful Warrior

Discovering Courage from Within

Students will learn the importance of Advocacy, by exploring vocabulary and actions that promote personal and social responsibility.

Use a visualization practice to face life's challenges, practice using "the power is in the present moment", and identify characteristics of a Peaceful Warrior.

Lesson 8: I Am Discovering a New World

Working Together & Individually to Create a Better World

Students practice collaborative problem solving and team building strategies.

Solve problems by finding creative solutions as a group, collaborate as a team to achieve a common goal, and recognize how one's individual assets can positively impact the group, or even the world.

Lesson 9: I Am Part of the Community

Creating Your Own Charity

Students explore the process of creating their own nonprofit charity to gain greater insight into the workings of charitable organizations.

Identify what philanthropic causes are important to them and gain a deeper understanding of the definition of charity.

Lesson 10: I Am Making a Difference

Creating a Service Project

Students are introduced to the definition of philanthropy and experience the benefits of being part of a charitable organizations.

Define the meaning of a charitable organization, identify local charities of interest, brainstorm ways one can serve a charitable organization, and experience the benefits of service work.

Lesson 11: I Am on My Path

Exploring Work Purpose Opportunities

Students explore different career options that are compatible with their interest and strengths.

Use visualization to motivate oneself to explore possible career options, identify possible careers of interest and identify ways in which one's personal strengths could be applied to choosing a career.

Lesson 12: I Am Part of the Bigger Picture

Working as a Team

Through a group art project students are introduced to the fundamental principles of teamwork and team building skills.

Identify their favorite team building techniques and the components that make an effective and successful team.

PHASE THREE

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Phase Three Lessons

Objectives for Students

Lesson 1: I Am One of a Kind

Celebrating Each Individual's Unique Qualities

Students are introduced to the concept of self-acceptance, limiting beliefs and how to focus on one's strengths and gifts.

Identify their personal strengths, reflect on the benefits of goal setting, and respond to a set of weekly questions focused on short-term goal setting.

Lesson 2: I Am Connected

Finding the Good in Everyone

Students explore the negative impact of discriminatory thoughts and actions while practicing ways to view others without judgment.

Use storytelling and active listening to discuss the effects of labeling, stereotyping, judgment and the common humanity in all people regardless of ethnicity, gender, sexual identity, religious or political views.

Lesson 3: I Am Safe

Creating Inner Strength

Students are introduced to techniques that will show them how to tap into their inner strength.

Define feelings related to emotional and physical insecurity/security and create action steps that will enhance a sense of emotional wellbeing.

Lesson 4: I Am a Great Communicator

Effective Communication

Students are introduced to effective verbal and nonverbal communication techniques.

Identify one's own potential negative communication habits, choose more positive communication strategies and practice the impact of different communication strategies through role play.

Lesson 5: I Am Drama Free

Recognizing & Adjusting Reactionary Thinking

Students practice re-routing their reactionary thinking and reflect on how one's inner dialogue can influence emotions.

Discuss how their own participation in dramatic situations has affected them and strategize different ways to break future "drama patterns." They are introduced to an effective breathing strategy that can be used in stressful situations.

Lesson 6: I Am a Good Friend

Choosing & Maintaining Healthy Friendships

Students will reflect on the defining principles of enduring relationships and evaluate their role in current and past friendships.

Define the characteristics of a good friend, identify what it takes to maintain a successful relationship, and practice communication skills that are essential for a positive relationship.

Lesson 7: I Am My Own Economist

Creating an Excellent Relationship with Money

Students explore their core beliefs about money and will become familiar with practices that will assist them in promoting financial awareness and responsibility.

Identify their core beliefs about money, demonstrate the advantages of being financially responsible through budgeting and self-reflection, and explore the benefits of being financially sound and responsible.

Lesson 8: I Am Solving a Problem

Creating Problem Solving Strategies

Students are introduced to basic problem-solving strategies and ways to approach life's challenges as opportunities for growth.

Identify the strategies most often used to solve a problem, deconstruct a problem, create a strategy plan and articulate how specific challenges in their lives have been growth opportunities.

Phase Three Lessons Cont'd

Objectives for Students

Lesson 9: I Am Saving the Planet

Bringing Awareness to Planet Responsibility

Students are given the opportunity to explore ways to be more environmentally conscious and responsible.

Create a meaningful connection with nature, propose action steps to become more environmentally responsible and promote environmental awareness through art.

Lesson 10: I Am Grateful

Identifying & Conveying Gratitude

Students practice expressing gratitude in all areas of their life, even in areas that may appear challenging.

Practice being grateful for different parts of their life, set daily gratitude goals and use gratitude as a tool to confront challenges.

Lesson 11: I Am Happy

Creating Room for Happiness

Students explore the benefits of mindfulness as a strategy to balance feelings of anxiety or stress.

Use mindfulness to find power in the present, identify worrisome thoughts and practice affirming happiness.

Lesson 12: I Am Paying it Forward

Giving Back

Students evaluate and reflect on the most impactful parts of the "I Am Me" program and discuss how they will implement TLC lessons in their life moving forward.

Review course materials and synthesize what was and wasn't impactful, share ways that they will "pay it forward" in the future and commit to practicing unconditional giving in their community.

PHASE FOUR

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Phase Four Lessons

Objectives for Students

Lesson 1: I Am Optimizing My Brain

Introducing the Concept of Optimal Brain Function

Students explore how to improve brain function and are introduced to brain optimizing tools.

Identify ways they can optimize their brain through journaling and artistic expression.

Lesson 2: I Love My ANTeater

Develop Strategies to Prevent Automatic Negative Thoughts ("ANT's")

Students will learn to identify "specific" counterproductive thought patterns and develop strategies to combat them.

Reflect on which patterns they may currently be STUCK in and practice using positive thinking patterns.

Lesson 3: I Am Focused

Establish Effective Habits Around Task Completion

Through journaling and creative processing, students are able to identify areas where focusing their attention would most benefit them.

Identify personal distractions, how they negatively impact their daily lives, and practice specific time and task management strategies.

Lesson 4: I Am Brain Healthy

Develop Strategies that Will Protect & Enhance Brain Function

Review and find solutions to common brain struggles (anxiety, depression, lack of focus, making bad decisions, and drugs/alcohol use).

Identify a healthy brain versus a troubled brain and review actions that can either harm or help brain function.

Phase Four Lessons Cont'd

Objectives for Students

Lesson 5: I Am What I Eat

Food is Fuel

This lesson explores how food impacts our energy levels and brain function.

Understand the importance of inner and outer self-care, and how to shop for and prepare brain optimizing foods.

Lesson 6: I Bounce Back

Overcoming Obstacles & Looking at Challenges Through a Positive Lens

Through group exercises and discussion, students will create strategies that center on developing resilience.

Understand that shifting their "perception" is a valuable problem-solving tool and be able to reframing their thinking into one that focuses on "What can I learn from this situation?" or "What are the gifts this challenge brings?"

Lesson 7: I Am Open Minded

Viewing Other People's Opinions & Circumstances with Compassion & Respect

Through group exercises and discussion, students will explore how taking into consideration other people's points of view allows them to learn and grow.

Gain a better understanding of how to implement compassion in place of judgment.

Lesson 8: I Am Getting My ZZZZ's

Achieving Optimal Sleep

Students explore the importance of restorative sleep and how the "lack of sleep" can impact the brain and body in negative ways.

Identify common triggers that interfere with restorative sleep. And learn easy to use relaxation techniques that help enhance restful sleep.

Lesson 9: I Am Mindful

Mastering the Art of Paying Attention

Through guided meditation and journaling, students gain knowledge about the benefits of being mentally present.

Identify when they are operating on autopilot and examine where they may be distracted. Develop their personal meditation practice and create art inspiration to use as a reminder to be mindful.

Lesson 10: Imagine Positive Possibilities

Discovering the Limitless Power of the Imagination

Students explore the unlimited possibilities of using their imagination for positive and productive intentions.

Practice the physical effects visualization has on the brain/body. Use creative visualization to affirm personal goals.

Lesson 11: This is My Brain on Love

The Brain & Heart Connection

Students actively experience the physical and emotional benefits of feeling positive emotions.

Discover the "heart brain" function and how it is directly linked to the quality of the emotions we experience. Target specific acts/actions they can take to generate positive emotions.

Lesson 12: I Am Building a Superhighway to Success

Rewiring the Brain for Success

In this lesson, students are introduced to the function of neural pathways and define "brain optimizing goals".

Examine where they may have negative repetitive messages and then establish methods to re-route those messages, helping to create healthy productive neural pathways.



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