



PROJECT RESILIENCE

Social Emotional Learning Lessons

Join us on Thursday, October 21 from 6:30-7:30pm on Zoom to learn more about the Project Resilience program from Acknowledge Alliance.

Zoom link: <https://uso2web.zoom.us/j/83285966401>

Students and teachers are facing complex challenges, which can create a greater number of potential barriers to learning and impact the ability to focus on learning.

Social Emotional Learning (SEL) is the foundation of support needed to acquire the skills for lifelong effectiveness. Research has linked SEL to increased student protective factors and decreased risk factors, including decreased depression, increased view of self, and increased test scores.

Our customized SEL curriculum is

- Directly provided to students in elementary and middle school
- Led by our trained mental health professionals
- Designed to support the five areas of social and emotional development, as defined by CASEL, as well as our own foundational philosophy addressing the importance of resilience, empathy, strengths-based support, and emotional intelligence
- Structured with mindfulness moments, resilience-building topics, and gratitude practices
- Supported by education best practices to engage the whole classroom
- Evaluated using DESSA-Mini with easy teacher access