



# **IMAGINE CHANCELLOR**

**Positivity Project and SEL  
Resources**

**ONE SCHOOL.**

**ONE VISION.**

**ONE FAMILY.**

# What is the Positivity Project?

The Positivity Project is a character education curriculum in which students learn about positive psychology's 24 character strengths and 5 Other People Mindset elements.

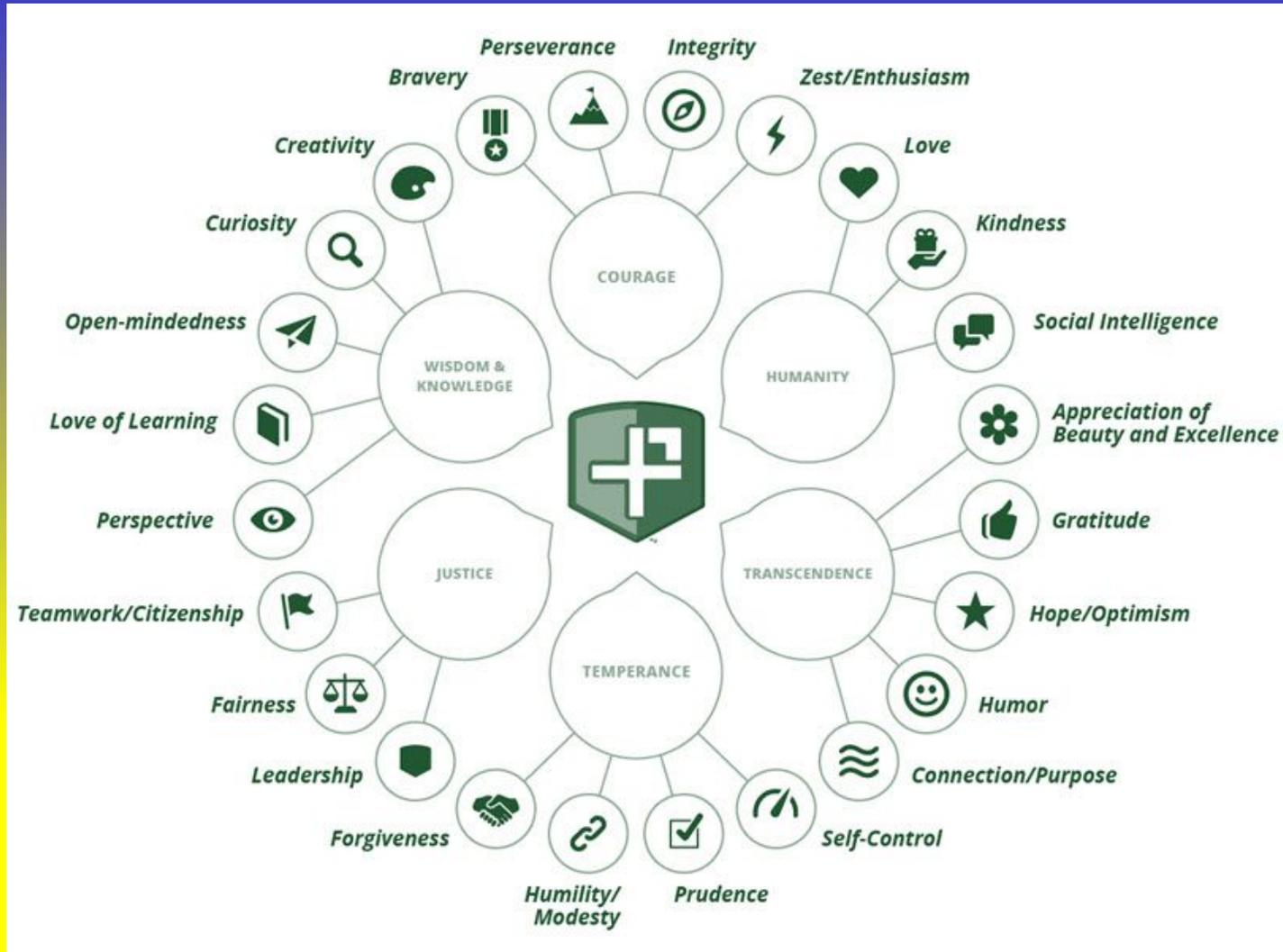
P2's mission is to empower America's youth to build positive relationships and become their best selves.

**#PositivityInAction**

**#OtherPeopleMindset**



# 24 Character Strengths



# Other People Mindset Elements



# The Benefits of the Positivity Project

- As the students grow, the character strengths develop and gain more meaning.
- Once the students learn the meaning of each strength and what it looks like they realize they are embedded in every subject area.
- The character strengths become a part of the common vocabulary and they will see them in everything they do.
- P2 empowers the student to acknowledge that the character strengths are already a part of who they are as people.
- Acknowledgement to oneself and realizing you have the power to affect people in a positive way is very meaningful and rewarding.



**THE  
POSITIVITY  
PROJECT**

# How Do We Teach P2?



- P2 incorporates students, teachers, and families through regular interaction with the character strength vocabulary and concepts
- 10-15 minute lesson per day; one character strength per week
- Within the lessons there are quotes, definitions, examples, discussions, and activities



# How Can You Help?

- Use the character strength vocabulary at home
- Have discussions about the strengths and how to see them in themselves and in others
- Use P2 for Families as a starting point

## What is P2 for Families?

P2 for Families is a social emotional homeschool curriculum. It is an easy way for families to discuss the importance of character strengths and positive relationships. It follows a 1-1-3 model. 1 quote, 1 video, and 3 questions to drive discussion.

P2 for Families-- <https://posproject.org/p2-for-families/>

The password for each strength is P2 (case sensitive)

# P2 in Action

We would LOVE to see your child showing P2 in action outside of school!

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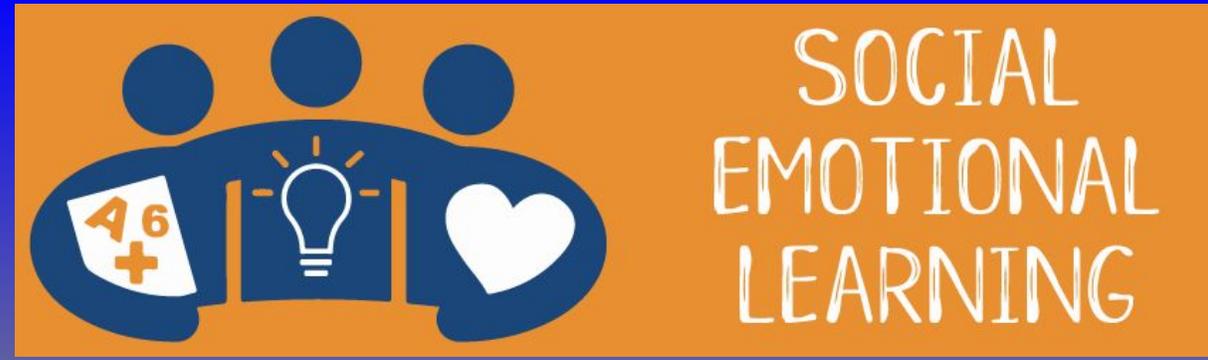
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# SEL

## SOCIAL & EMOTIONAL LEARNING





# SEL 101: What is SEL?



# The CASEL 5...

Five broad and interrelated areas of competence:

- *Self-awareness*
- *Self-management*
- *Social awareness*
- *Relationship skills*
- *Responsible decision-making*



CASEL (Collaborative for Academic, Social, and Emotional Learning) is a trusted source for knowledge about high-quality, evidence-based social and emotional learning (SEL). As a nonprofit, nonpartisan organization, CASEL supports educators and policy leaders and enhances the experiences and outcomes for all PreK-12 students.

# What skills do socially and emotionally competent children have?

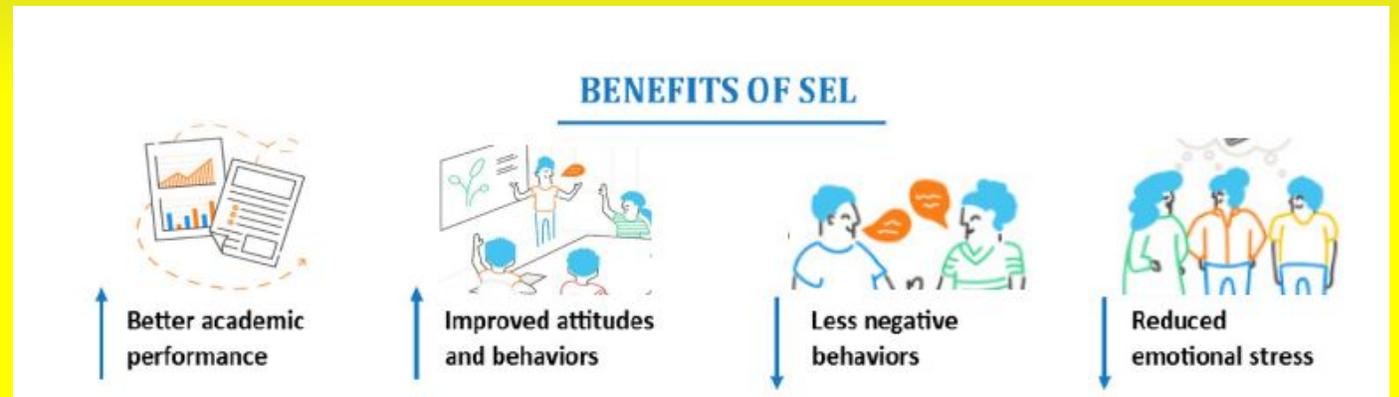
- **They are self-aware.** They have the ability to understand their own emotions, thoughts, and values and how they influence behavior across contexts
- **They are able to regulate their emotions.** They have the ability to manage their emotions, thoughts, and behaviors effectively in different situations including the capacity to delay gratification, manage stress, and feel motivation to accomplish personal and collective goals
- **They are socially aware.** They have the ability to empathize and understand the perspective of others, including those from diverse backgrounds, cultures, and contexts
- **They have good relationship skills.** They have the ability to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups
- **They demonstrate responsible decision-making at school, at home, and in the community.** They have the ability to make caring and constructive choices about personal behavior and social interactions across diverse settings.

## Decades of research studies demonstrate the following benefits of SEL:

- Improvement in students' social and emotional skills, attitudes, relationships, academic performance, and perceptions of classroom and school climate
- Decline in students' anxiety, behavior problems, and substance use
- Long-term improvements in students' skills, attitudes, prosocial behavior, and academic performance
- Wise financial investment according to cost-benefit research

# WHY?

More than 2 decades of research shows that education promoting SEL gets results!

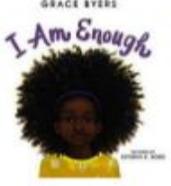
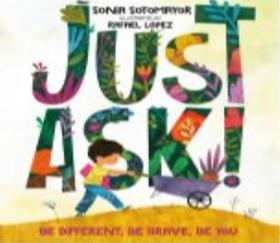
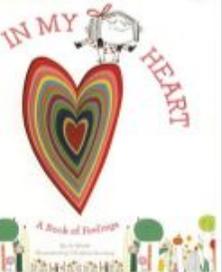


# What can parents do to promote their child's SEL?

- Model behaviors and adopt SEL practices that reinforce their child's SEL skills at home
- Create intentional routines and structure at home. Incorporate social emotional learning and personal wellness for both you and your child into these daily practices.
- Practice active listening and mindfulness with your children at home
- Emphasize their child's strengths before discussing deficits and needed improvements
- Learn more about SEL initiatives:
  1. CASEL website: <https://casel.org/what-is-sel/>
  2. SEL Books for parents [Top 10 Books for Parents](#)
  3. SEL Books for kids (PB County SEL initiative)



# SEL Elementary Books (PBC SEL Initiative)

<p><b>1st Quarter</b> August-October</p> 	<p><b><i>I Am Enough</i></b> by Grace Byers and Keturah A. Bobo</p> <p><i>I Am Enough</i> is an essential book for everyone- an inspiring lyrical ode to loving who you are, respecting others, and being kind to one another- from actor and activist Grace Byers and talented newcomer Keturah A. Bobo.</p>	<p><b>Self Acceptance</b></p> <p>We are aware of the importance of each individual's unique identity and of our strengths and areas of growth.</p> <p><b>SEL Competency:</b> Self-Awareness</p>	<ul style="list-style-type: none"> <li>• Knowing &amp; Sharing About Who I Am</li> <li>• Discovering Commonalities</li> <li>• Building a Community of Belonging</li> <li>• Having a Growth Mindset</li> <li>• Respecting Differences</li> <li>• Offering Help &amp; Standing Up for Others</li> </ul>	<p><b>3rd Quarter</b> January-March</p> 	<p><b><i>Just Ask!</i></b> by Sonia Sotomayor and Rafael López</p> <p>In <i>Just Ask!</i>, Sonia Sotomayor celebrates the different abilities kids (and people of all ages) have. Using her own experience as a child who was diagnosed with diabetes, Justice Sotomayor writes about children with all sorts of challenges--and looks at the special powers those kids have as well. As the kids work together to build a community garden, asking questions of each other along the way, this book encourages readers to do the same: When we come across someone who is different from us but we're not sure why, all we have to do is Just Ask.</p>	<p><b>Inclusion</b></p> <p>We value others and find ways to include all individuals in our community. We realize that those with different learning and physical abilities may have varying perspectives.</p> <p><b>SEL Competency:</b> Relationship Skills &amp; Social Awareness</p>	<ul style="list-style-type: none"> <li>• Knowing and Sharing About Who I Am</li> <li>• Discovering Commonalities</li> <li>• Building a Community of Belonging</li> <li>• Respecting Differences</li> <li>• Communicating Assertively</li> </ul>
<p><b>2nd Quarter</b> October-December</p> 	<p><b><i>In My Heart</i></b> by Jo Witek and Christine Roussey</p> <p>Happiness, sadness, bravery, anger, shyness . . . our hearts can feel so many feelings! Some make us feel as light as a balloon, others as heavy as an elephant. In <i>My Heart</i> explores a full range of emotions, describing how they feel physically, inside, with language that is lyrical but also direct to empower readers to practice articulating and identifying their own emotions.</p>	<p><b>Emotions</b></p> <p>We are aware of our own feelings and what might cause those feelings. We understand how our feelings can impact others and how others can have feelings different from our own.</p> <p><b>SEL Competency:</b> Self-Management</p>	<ul style="list-style-type: none"> <li>• Identifying Different Feelings &amp; Emotions</li> <li>• Connecting Thoughts, Feelings, and Actions</li> <li>• Managing Feelings &amp; Emotions</li> <li>• Demonstrating Empathy &amp; Compassion</li> </ul>	<p><b>4th Quarter</b> March-May</p> 	<p><b><i>After the Fall</i></b> by Dan Santat</p> <p>Everyone knows that when Humpty Dumpty sat on a wall, Humpty Dumpty had a great fall. But what happened <i>after</i>? Dan Santat's poignant tale follows Humpty Dumpty, an avid bird watcher whose favorite place to be is high up on the city wall—that is, until after his famous fall. Now terrified of heights, Humpty can no longer do many of the things he loves most. Will he summon the courage to face his fear? <i>After the Fall (How Humpty Dumpty Got Back Up Again)</i> is a masterful picture book that will remind readers of all ages that <i>Life</i> begins when you get back up.</p>	<p><b>Courage</b></p> <p>We understand that it takes courage to overcome challenges, try something new, and stand up for yourself.</p> <p><b>SEL Competency:</b> Responsible Decision Making &amp; Self-Management</p>	<ul style="list-style-type: none"> <li>• Identifying Strengths &amp; Opportunities for Growth</li> <li>• Having a Growth Mindset</li> <li>• Setting Personal &amp; Collective Goals</li> <li>• Being Focused &amp; Staying Motivated</li> </ul>

# RESOURCE LINKS

- The Positivity Project website: [Positivity Project for Families](#)
- Character Strength Book List: <https://posproject.org/book-list/>
- Via Character Survey: [www.viacharacter.org](http://www.viacharacter.org)
- CASEL website: <https://casel.org/what-is-sel/>
- Parent SEL Resource list: <https://casel.org/parent-resources/>
- Top 10 SEL books for parents: [Top 10 Books for Parents](#)