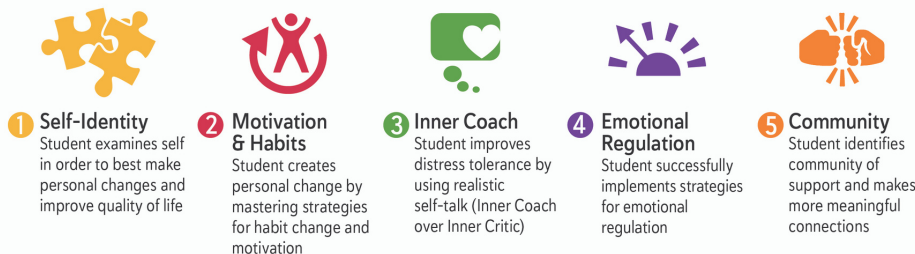


ELEMENTARY SCHOOL

Student resilience is the best predictor of academic success. Mastery of the critical social-emotional concepts that build resilience are most impactful when introduced at an elementary level. EmpowerU has developed a turn-key, blended-learning Elementary SEL curriculum that builds the healthy social-emotional development of students as they grow. Our five core concepts are aligned with CASEL and ASCA standards as well as with National Health and Wellness standards:



WHY EMPOWERU IN ELEMENTARY

The introduction of social-emotional learning at an elementary level creates a healthy foundation for student mental health and a positive school community.

EmpowerU's core concepts are introduced, reinforced and mastered throughout the K-5 elementary curriculum, helping districts build school-wide capacity and common language around social-emotional wellness for both students and educators.

Building this foundation for our youngest students allows for these key concepts to be reinforced throughout a student's school years. As students age, EmpowerU helps them reflect and apply these core concepts to their goals and obstacles in a meaningful way, increasing confidence, connection and coping.

This important work will equip students with healthy social-emotional skills to successfully navigate their education, and life beyond the classroom.

PRODUCT FEATURES:

Plug and Play SEL Curriculum:

Grade-level classroom SEL lessons focus on one EmpowerU core-concept each month. Turnkey delivery from EmpowerU online portal requires no teacher prep.

Personalized Learning:

Monthly classroom lessons are reinforced by 15-20 minutes of individual student application of EmpowerU core concept through 1:1 online activity. This important step helps build student resilience, confidence and coping.

Builds School-Wide SEL

Capacity: All grades work on the same core concept each month, creating common language in the building.

Integrated: Daily 2 minute exercises help teachers reinforce the learning of core concepts at morning meetings and through other lessons.

“EmpowerU is more than just talking about problems, it gives students tools to engage in the process of self-improvement and equips them to overcome obstacles – now and in their future.”

-Principal, Minnesota

ABOUT EMPOWERU

EmpowerU's highly personalized, online social-emotional learning program helps young people replace anxiety and depression with resilience and confidence, fueling student transformation at a fraction of the cost of therapy.

VISION

To help millions of students transform from anxiety and doubt into more self-directed and confident human beings who can thrive and succeed, even in the face of difficult circumstances.

GET STARTED TODAY

[CLICK HERE TO
SCHEDULE A MEETING](#)

QUESTIONS?
LET'S CHAT!

info@empoweru.education
https://empoweru.education



EMPOWERU PROGRAM DETAILS

K-5 EmpowerU Curriculum at Tier 1:

Monthly EmpowerU classroom lessons (5-6 per year) are differentiated by grade level. Each turnkey classroom lesson will include:

- A 20 minute group lesson - plug and play from EmpowerU portal for class.
- A coinciding individual student activity to reinforce concepts on a deeper level:
 - K-2: worksheet activity 3-5: online activity (can be printed if no 1:1 devices)
 - Daily 2 minute exercise that classroom teacher can use in morning meetings to reinforce core concept of the month
 - 2-3 lesson plan ideas per month to cross-walk core concepts into other subjects.
 - Training included: 4 hour required training for school counselors and support team at each building, 1 hour training for classroom teachers to unlock access to online portal.

K-5 EmpowerU at Tier 2 for SEL Target Time:

EmpowerU can help schools identify students that need extra SEL/Mental Health Support and provide online additional lessons with 1:1 coaching support by EmpowerU therapists.



EMPOWERU PROGRAM BENEFITS

- Early introduction of SEL to build a foundation of student resilience
- Normalizes mental "fitness" and builds positive school community
- Creates common language for social-emotional growth and well being
- Seamlessly integrated into classroom learning through EmpowerU portal and supporting materials
- Requires virtually no educator prep and minimal training