



**EMPOWERING  
EDUCATION**



# Social and Emotional Learning for building happy, mindful, and successful schools.

## Mindfulness for all.

Empowering Education (EE) is a mindfulness-based and trauma-informed Social and Emotional Learning (SEL) curriculum. With easy and fun lessons, it makes the life-changing benefits of social and emotional skills engaging and accessible to all students.



### Easy-to-Use K-12 Lessons

Teach SEL with minimal prep and hassle. Easy-to-follow lesson plans require little prep and include slides (K-8) and optional scripts.



### Schoolwide Implementation

Unified K-8 weekly lesson themes and pacing guide for 9-12 foster schoolwide implementation and collaboration. Connect families to SEL with at-home resources.



### Mindfulness-Based SEL

Students develop self-regulation skills and improve focus with our short and accessible mindfulness activities and recordings.



### Designed for All Students

Trauma-informed lessons designed to maintain safe classroom cultures and be relevant to diverse populations. Lessons engage students with stories, games, role-plays, and discussion. Program is available in both English and Spanish.



### Standards-Aligned

Students develop understanding of their brains with our research-backed and CASEL-aligned lessons on neuroscience, SEL skills, and mindfulness. Connect SEL and academics with standards-aligned academic extensions.



### Training and Support

Training videos, straightforward lessons, and clear tips on trauma-informed implementation give teachers the confidence they need to lead SEL lessons. Professional development sessions for schools are engaging and customized.

Empowering Education is an initiative of **Generation Schools Network**.

 [empoweringeducation.org](http://empoweringeducation.org)

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Students practicing mindfulness during an EE lesson

# Adaptable PreK-12 Curriculum

## All Lessons Include:

- ✓ Spanish and English Versions
- ✓ Student-Led Mindfulness Recordings
- ✓ Guidance for In-Person and Virtual Delivery
- ✓ Self-Paced Training Available 24/7
- ✓ Digitized Curriculum with Easy Navigation
- ✓ Flexible Scope & Sequences with Pacing Guides

## Curriculum Overview:

- ✓ Grade Bands: PreK-2, 3-5, 6-8, and 9-12
- ✓ Differentiation Guides for Each Band
- ✓ Illustrated Stories for PreK-2 Learners
- ✓ 30 Weeks of Scripted Lessons
- ✓ Great for Classroom Teachers, Counselors, Homeschool, and Parenting
- ✓ Each lesson includes: Slide Deck, Pre/Post SEL Assessment, At-Home Resources, Academic Extensions, and Admin Guides

## Pricing and Packaging:

- School-Wide Licenses
  - PreK-5: \$990
  - 6-8: \$890
  - 9-12: \$690
- License Bundles
  - PreK-8: \$1490
  - 6-12: \$1490
  - K-12: \$2470
- Individual Licenses available!



“We’ve been using EE for a few years now. I’m a school counselor and lesson plans are not my strong suit. EE is great because it gives you everything you need in such a convenient way. It lets me put my own spin on the lesson for what I know our kids need but the framework is there. The kids really respond to it. It’s a great program, I absolutely love it.

-Divina Roche, K-8 Counselor