

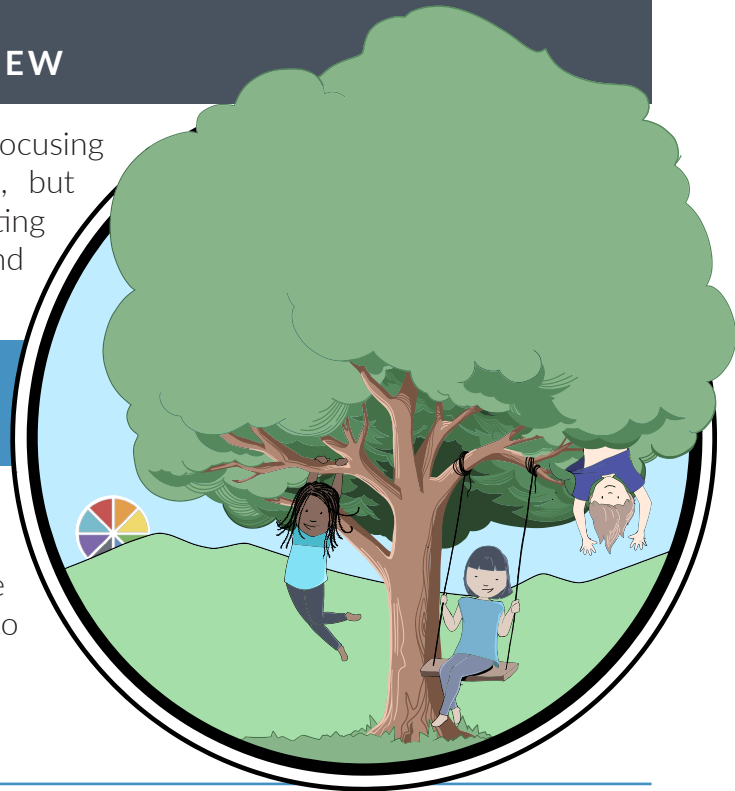
SOURCES OF STRENGTH

ELEMENTARY CURRICULUM OVERVIEW

The work of prevention is not done solely through focusing on risk factors, warning signs, and intervention, but rather, it involves discovering, teaching and celebrating resilience, help seeking, connection, strength, and belonging.

At Sources of Strength our vision is to Empower a Well World.

By moving upstream in the prevention cycle the Sources of Strength Elementary model invites students and adults into creating communities where belonging and connection are the norm leading to increased agency and purpose.



WHAT IS SOURCES OF STRENGTH?

Sources of Strength is a radically Strength based, upstream prevention program that employs a strength-based wellness approach to improving the health and wellbeing of individuals and communities. The model moves to increase health and wellness through the empowerment of individuals and communities working together to increase connection, increase early help-seeking, and build belonging to help people live healthy, thriving lives.

The lessons are designed to give students and adults opportunities and tools to develop Strengths and healthy coping strategies leading to resilience in the face of life's ups and downs. Everyone is invited to explore eight protective factors represented in the Sources of Strength Wheel: Family Support, Positive Friends, Mentors, Healthy Activities, Generosity, Spirituality, Physical Health, and Mental Health.

The elementary model is being used by schools across North America representing urban, rural, and suburban communities across the US and Canada. The curriculum is heavily informed by the evidence base of Sources of Strength Secondary Program which has shown positive outcomes of increasing healthy coping, help-seeking, increased connection and trust toward adults. The utilization of these protective factors is associated with reduced risk for suicide, substance misuse, and violence.

PROGRAM COMPONENTS

COACHING

+

CURRICULUM

=

POSITIVE
SOCIAL NORMING
& CULTURE CHANGE



- **Coaching**

We believe that to have maximum impact with students, we need adults who are engaging with and modeling strengths and wellness in their own lives. We are just as focused on supporting and empowering adults as we are students.

To facilitate effective and sustainable implementation, the Sources of Strength Elementary model requires one or two school-based staff members to attend a two-day Coaches Training. These Coaches then facilitate ongoing professional development as well as monthly coaching meetings designed to create space during contract hours for reflection and staff wellness.

- **Curriculum**

The lessons are a Tier 1, universal, classroom-based curriculum that can be delivered by classroom teachers, SEL specialists, counselors, or paraprofessionals.

We believe that the deepest impact happens as we approach learning from a growth mindset, bringing awareness to our Strengths as we participate in active learning. Lessons at each grade level contain:

- Active learning components including art, stories, games, activities, etc. that engage different learning styles.
- Talking Circles which facilitate a collaborative sharing time to foster connection and empathy, empower student voice, and promote equity.
- Guided reflection exercises including breathing, sensory, and mindfulness activities that support self-regulation and self-awareness.
- Celebrations of growth that highlight students' strength, relationship and emotional skill development.

Lessons are designed to be 20-30 minutes in-length depending on the grade level. Each lesson aligns with CASEL's core competencies: social-awareness, self-awareness, self-management, relationship skills and responsible decision-making. This curriculum integrates well with many of the practices and programs being used in schools, such as Restorative Practices, Mindfulness, PBIS, etc.

At Sources of Strength, we wholeheartedly believe in the Hope, Help, and Strength each individual can cultivate in themselves and others. With our elementary program, our goal is to help students better understand themselves, their strengths, and their power to positively impact the world around them. We look forward to collaborating further and are available to answer any questions you might have as we partner to empower a well world together.

NEXT STEPS

Please visit sourcesofstrength.org to view sample lessons, see pricing and register for an upcoming Coaches Training.