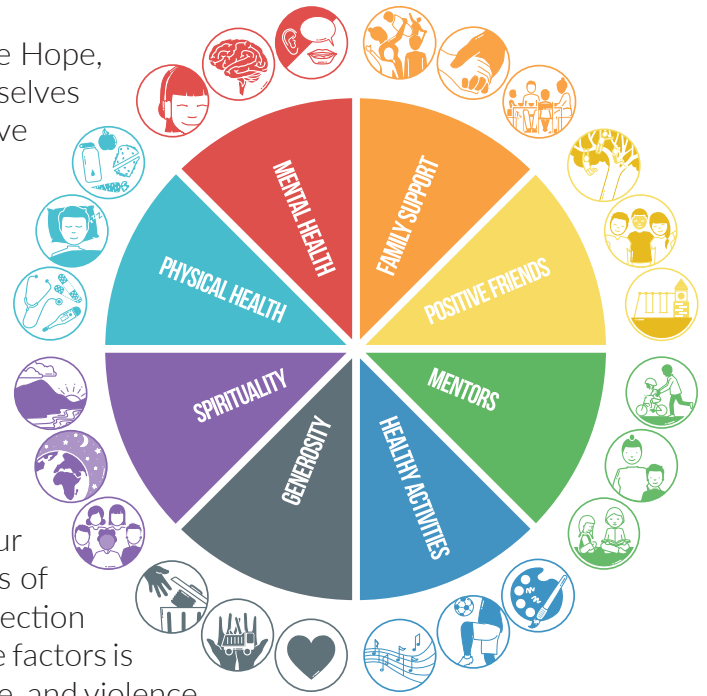


STRENGTH-BASED

At Sources of Strength, we wholeheartedly believe in the Hope, Help, and Strength each individual can cultivate in themselves and others. 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.

EVIDENCE-BASED

Our Elementary Model is featured on the SPRC Best Practices Registry and is actively being studied to continue to bolster its evidence base. The curriculum is also heavily informed by the evidence base of our 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.

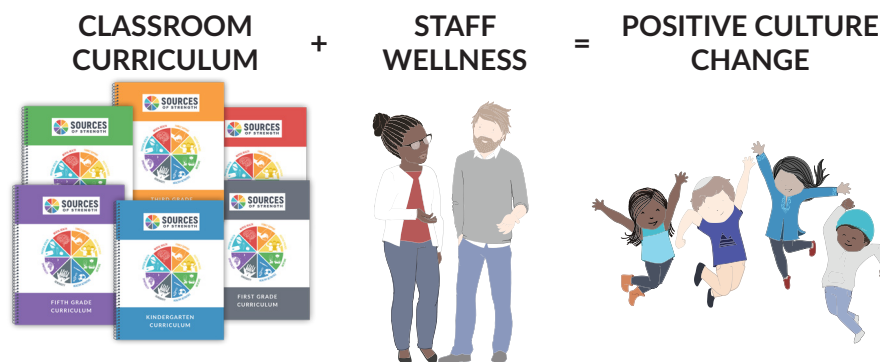


COACHING MODEL

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. To facilitate effective and sustainable implementation, the Elementary Model includes a two-day Coaches Training for 1-2 staff members. Coaches will facilitate monthly 30-minute Coaching Meetings with their Classroom Instructors to focus on staff wellness, self-reflection, and curriculum coaching, as well as ongoing Professional Development opportunities. The practice of centering Hope, Help, and Strength leads to more resilient staff, students, and communities.

UNIVERSAL CURRICULUM

The lessons are Tier 1, universal, and classroom-based and can be delivered by classroom teachers, counselors, social workers, or paraprofessionals. Lessons are designed to be 30-40 minutes in length, depending on the grade level delivered once per week. Each lesson aligns with CASEL's core competencies: social awareness, self-awareness, self-management, relationship skills, and responsible decision-making. 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. These lessons are available in both English and Spanish, and the Strength Wheel is translated into over two dozen languages.



NEWLY STRATIFIED K-5 CURRICULUM

Our new Stratified K-5 Curriculum now features one book per grade level, designed with deeper, targeted, more developmentally aligned content within the following units:

K-2 Curriculum Units

- Connections & Community
- Engaging Our Strengths
- We Can Make a Difference

3-5 Curriculum Units

- Introduction to Sources of Strength
- Brain & Body Science
- Emotional Regulation
- Connecting to Help
- Growing in Our Strengths

Additional features of our new Stratified K-5 Curriculum include:

- Celebration Lessons: Scaffolded approaches to Affirmations, Apologies, and Aha's.
- Navigating Conflict Lessons: Restorative practices (e.g., active listening, "I" statements, Helpful Apologies).
- Transition Lessons: Building from everyday classroom transitions (3rd) to transitions like moving to middle school (5th).
- Extensions & Appendices: Added lesson extensions, Scope & Sequence, Games Appendix, and Regulation Strategies Appendix.



IMPLEMENTATION TIMELINE

1. Attend a Sources of Strength Elementary Discovery Session
2. Schedule a Call with our Team: we want to work with you to tailor and best meet your needs for training, curriculum purchasing, and ongoing support!
3. Identify 1-2 Coaches per school to become Coaches
4. Identified staff members register and attend a 2-day Coaches Training
5. Determine your Curriculum Needs and Submit Curriculum Order
6. Schedule Elementary Instructor Professional Development: all staff are welcome!
7. Schedule monthly Coaching Meetings with Instructors and any interested staff
8. Initiate Positive Culture Change through Curriculum Delivery!
9. Continue Ongoing Reflective Practice with Coaching Meetings

Ready to take the next step with Sources Elementary? Schedule a call today to answer any questions, review the process, and discuss pricing!

CONNECT WITH US!

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