

# SOURCES OF STRENGTH ELEMENTARY MODEL

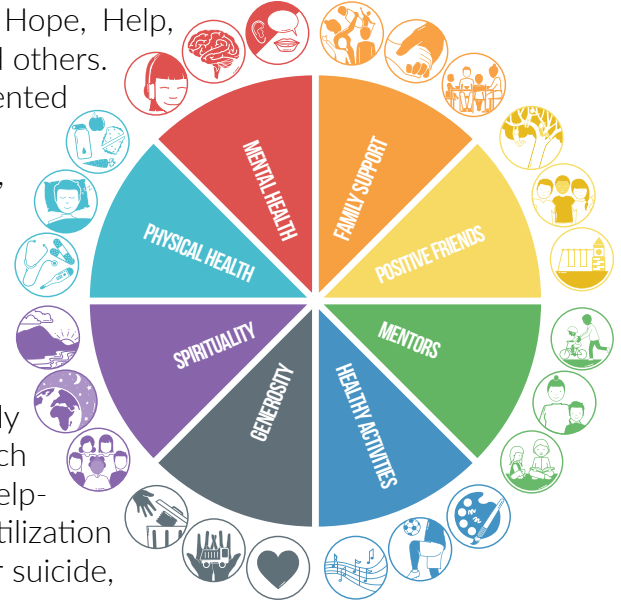


## STRENGTH-BASED

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

The Sources 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.

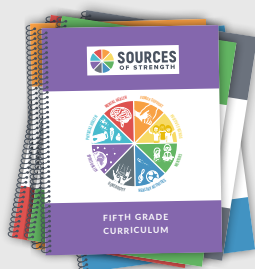
## STAFF WELLNESS

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. Each school will identify 1-2 staff members to attend a 2-day Coaches Training. Coaches will facilitate ongoing Staff Wellness meetings with their Classroom Instructors as well as ongoing Professional Development opportunities.

## 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.

### STUDENT CURRICULUM



### STAFF WELLNESS FRAMEWORK



### POSITIVE CULTURE CHANGE



# SOURCES OF STRENGTH ELEMENTARY MODEL

## STRATIFIED K-5 CURRICULUM

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

### K-2 Curriculum Units

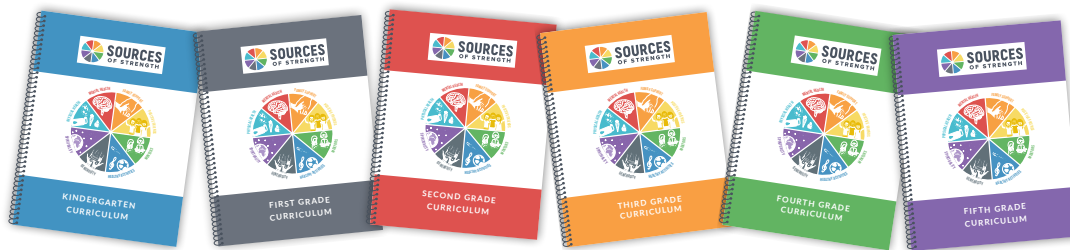
- Connections & Community
- Engaging Our Strengths
- We Can Make a Difference

### 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 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 and Appendices:** Added lesson extensions, Scope and Sequence, Games Appendix, and Regulation Strategies Appendix.



## IMPLEMENTATION TIMELINE

1. Attend a Sources of Strength Discovery Session
2. Schedule a Call: we want to work with you to tailor and best meet your needs for training, curriculum purchasing, and ongoing support
3. Gain District and School Buy-in
4. Identify 1-2 Coaches per school
5. Register and Attend a Coaches Training
6. Identify Curriculum Needs and Order Curriculum
7. Schedule monthly Coaching Meetings
8. Instructors Deliver Curriculum
9. Schedule Elementary Instructor Professional Development

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!

[sourcesofstrength.org/elementary-curriculum](https://sourcesofstrength.org/elementary-curriculum)  
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