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## SEL Approach: What to expect

Education & participation in the Fly Five and Six Seconds Curriculum that fuses emotional & cognitive learning.

This provides students with vital tools for navigating emotions, managing conflict, expressing themselves, and living with respect, responsibility & resiliency.

Going deeper, noticing & navigating into one's emotions/others emotions.



## SEL Approach: Focus in 1/2

Focus on Level 1: A weekly lesson building student's Emotional Literacy & discovering patterns.

Learning a common Helios SEL vocabulary:

- Size of the Problem: Bump/Hill/ Mountain
- Zones of Regulation:(Red/Yellow/Blue/Green)
- Toolbox-discover what specific self-regulation tools each student has available to them.



## Essential Skills

- Learn strategies to regulate their emotions.
- Ability to communicate with other peers and teachers



# How We Prepare Students

- Use the learned skills in daily social situations
- Have an available 'toolbox' ready to access in times of need.
- Use the Fly Five and Six Seconds vocabulary at school and home.

EVERY DAY  
IS A GOOD  
DAY TO  
LEARN.



# Navigation

