

Social & Emotional Learning (SEL)



Character Strong is a curriculum and professional development training focused on fostering the whole child with vertically-aligned lessons that teach Social Emotional Learning (SEL) and character side-by-side.

High School (9-12)

Centered on the research behind belonging, well-being, and engagement, the lessons are vertically-aligned not only within middle school but through high school as well. This makes 6th through 12th grade, district-wide implementation easy and effective.

Meaningful Improvement in 5 Key Areas

- **Emotion Understanding & Regulation:** How We Feel & How We Act
- **Empathy & Compassion:** What We Understand & How We Care
- **Values & Purpose:** Who We Are & What We Do
- **Goals & Habits:** The Dreams We Have & The Actions To Get There
- **Leadership & Teamwork:** Developing Agency & Working Together