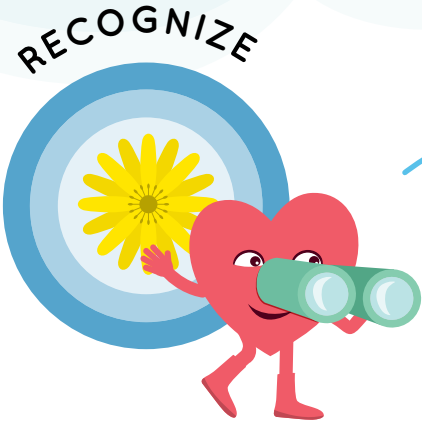


THE GEN:M CURRICULUM MODEL

Our lesson plans adhere to one of three simple categories: Name it, Feel it, and Heal it. Look for each lesson's category icon on the top right-hand side of the page.



NAME IT

Learn about emotions and what they feel like to help you identify them.



FEEL IT

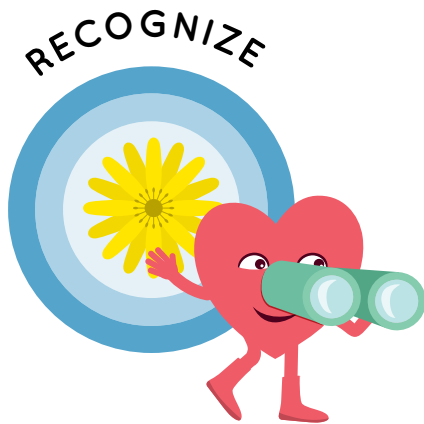
Connect within yourself to feel your feelings and calm your body and mind.



HEAL IT

Use what you learn to grow.

PLAYFUL POSITIVE CONNECTED MINDFUL INCLUSIVE

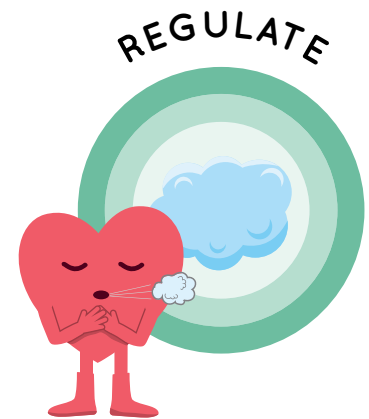


NAME IT

This is where it all begins. Recognizing emotions is the foundational element to all social emotional learning (SEL). This process actually begins in infancy, when our feelings are our first gauge to the world. The GEN:M SEL model begins with noticing and naming emotions, laying the foundation for feelings of connectedness within our own selves and others. This set of lessons teaches us that it is safe to identify and process all our many emotions.

FEEL IT

As we begin to recognize emotions, we can practice calming our bodies and our minds. This ability helps us connect on a deeper level to the valuable information human emotions carry. Emotional regulation is a life long journey that begins in children as young as two years of age. This early blueprint becomes our emotional map, helping us navigate a lifetime of relationships and experiences. This set of lessons teaches us to embrace all feelings; those that feel pleasant and those that may feel unpleasant, so that we might be empowered by them.



HEAL IT

Our thoughts and actions are shaped by our many feelings and experiences. Restorative practices in the GEN:M SEL lessons model will provide opportunities to deepen the embodied experience of human connection through many senses including movement, listening, and meaningful dialogue. We are creating a culture that gives human beings permission to feel - to be seen and heard, and as well as to connect, heal and grow. This set of lessons invites us to put our learning into practice, bringing harmony to our relationships and the world around us.

