

PREPARED 2024

Heroes Made

Social-Emotional Learning

Casel Alignment



Alignment of HEROES MADE with CASEL's Core Competencies

The Zero Prep & Zero Training SEL Program

The HEROES MADE program is committed to fostering social and emotional learning (SEL) in students. This document details how HEROES MADE aligns with the Collaborative for Academic, Social, and Emotional Learning (CASEL) framework, highlighting its five core competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, and Responsible Decision-Making.

HEROES MADE is designed to build essential life skills in students, preparing them to navigate complex social environments and achieve personal and academic success. By aligning with CASEL's competencies, HEROES MADE ensures a comprehensive approach to SEL, promoting well-rounded development.

Platform Features and Alignment Details

Lesson Planning and Competency Mapping

On the HEROES MADE platform, teachers can select from hundreds of daily lessons that clearly display the CASEL competency and sub-competencies addressed. Each lesson is meticulously crafted to be ready-made, requiring zero preparation time for teachers. Additionally, lessons are automatically personalized to reflect each student's name and avatar, enhancing engagement and making the learning experience more relatable.

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Each lesson comes with a comprehensive set of features, including:

- **Pre-Reading Warm-Up Prompts**
- **Post-Reading Debriefing for Comprehension**
- **Class Activities**
- **Downloadable Activities**
- **Metacognition Prompts and Worksheets**

These components align with the specific competency and sub-competencies, ensuring comprehensive coverage and targeted SEL development. Every book and lesson on the platform is tagged with a main CASEL competency and secondary sub-competencies to facilitate targeted learning.

Core Competencies and Sub-Competencies Alignment

1. Self-Awareness

The ability to understand one's own emotions, thoughts, and values and how they influence behavior across contexts. This includes recognizing one's strengths and limitations with a well-grounded sense of confidence and purpose.

Sub-Competencies:

- Integrating personal and social identities
- Identifying personal, cultural, and linguistic assets
- Identifying one's emotions
- Demonstrating honesty and integrity
- Linking feelings, values, and thoughts
- Examining prejudices and biases
- Experiencing self-efficacy
- Having a growth mindset
- Developing interests and a sense of purpose

HEROES MADE Activities and Curriculum:

- **Identifying Emotions:** Pre-reading warm-up prompts include questions to help students identify and articulate their emotions.
- **Accurate Self-Perception:** Post-reading debriefing activities encourage self-assessment and reflection on personal strengths and weaknesses.
- **Recognizing Strengths:** Class activities are designed to help students recognize and discuss their strengths.
- **Self-Confidence:** Downloadable activities include exercises that boost self-confidence through achievement recognition.
- **Self-Efficacy:** Metacognition prompts and worksheets reinforce the belief in one's abilities to achieve goals.

2. Self-Management

The ability to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

Sub-Competencies:

- Identifying and using stress-management strategies
- Managing one's emotions
- Exhibiting self-discipline and self-motivation
- Setting personal and collective goals

- Using planning and organizational skills
- Showing the courage to take initiative
- Demonstrating personal and collective agency

HEROES MADE Activities and Curriculum:

- Impulse Control: Pre-reading prompts include scenarios for students to practice impulse control.
- Stress Management: Post-reading debriefing includes stress management techniques and discussions.
- Self-Discipline: Class activities and downloadable worksheets focus on building self-discipline through structured tasks.
- Self-Motivation: Motivational stories and goal-setting exercises are integrated into the activities.
- Goal Setting: Students are guided through setting and tracking personal goals in the metacognition worksheets.
- Organizational Skills: Organizational tips and tools are provided through class and downloadable activities.

3. Social Awareness

The ability to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.

Sub-Competencies:

- Taking others’ perspectives
- Recognizing strengths in others
- Demonstrating empathy and compassion
- Showing concern for the feelings of others
- Understanding and expressing gratitude
- Identifying diverse social norms, including unjust ones
- Recognizing situational demands and opportunities
- Understanding the influences of organizations and systems on behavior

HEROES MADE Activities and Curriculum:

- Perspective-Taking: Pre-reading prompts and class discussions encourage students to understand different viewpoints.
- Empathy: Post-reading activities often involve empathy-building exercises, such as role-plays and discussions.
- Appreciating Diversity: Cultural appreciation activities and diversity discussions are included in the class activities.
- Respect for Others: Respect-building exercises are integrated into the downloadable activities and worksheets.

4. Relationship Skills

The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.

Sub-Competencies:

- Communicating effectively
- Developing positive relationships
- Demonstrating cultural competency
- Practicing teamwork and collaborative problem-solving
- Resolving conflicts constructively
- Resisting negative social pressure

- Showing leadership in groups
- Seeking or offering support and help when needed
- Standing up for the rights of others

HEROES MADE Activities and Curriculum:

- Communication: Communication skills are practiced through pre-reading prompts and class activities.
- Social Engagement: Post-reading debriefing includes discussions that promote positive social interactions.
- Relationship Building: Downloadable activities often focus on team-building and relationship-strengthening exercises.
- Teamwork: Collaborative projects are a key component of class activities, fostering teamwork.
- Conflict Resolution: Conflict resolution techniques are practiced through role-playing scenarios and worksheets.

5. Responsible Decision-Making

The ability to make caring and constructive choices about personal behavior and social interactions across diverse situations.

Sub-Competencies:

- Demonstrating curiosity and open-mindedness
- Learning how to make a reasoned judgment after analyzing information, data, and facts
- Identifying solutions for personal and social problems
- Anticipating and evaluating the consequences of one’s actions
- Recognizing how critical thinking skills are useful both inside and outside of school
- Reflecting on one’s role to promote personal, family, and community well-being
- Evaluating personal, interpersonal, community, and institutional impacts

HEROES MADE Activities and Curriculum:

- Identifying Problems: Problem identification is a key focus in pre-reading prompts and class discussions.
- Analyzing Situations: Students analyze situations through post-reading debriefing activities.
- Solving Problems: Problem-solving exercises are included in both class activities and downloadable worksheets.
- Evaluating: Evaluation of decision outcomes is encouraged through reflective metacognition prompts.
- Reflecting: Regular reflection sessions are facilitated through the worksheets.
- Ethical Responsibility: Ethical decision-making is reinforced through scenario analysis and discussions in the class activities.

Conclusion

HEROES MADE aligns closely with CASEL’s SEL framework by incorporating activities and curriculum elements that address each of the five core competencies and their sub-competencies. **Heroes Made’s methodology is designed not only to foster social and emotional learning but also to enhance literacy, comprehension, and critical thinking skills.**

This integrated approach ensures that students benefit from a holistic educational experience, promoting positive outcomes in both academic and personal development.

The HEROES MADE platform offers educators a unique, all-in-one solution that includes:

- Ready-Made Lessons: Zero-prep lessons that save teachers time and effort.
- Competency Mapping: Clear alignment with CASEL competencies and sub-competencies for targeted SEL instruction.
- Comprehensive Resources: A variety of activities, from pre-reading prompts to metacognition worksheets, ensuring comprehensive coverage of learning objectives.
- Enhanced Learning: The integration of literacy, comprehension, and critical thinking development within the SEL framework.
- User-Friendly Interface: An intuitive platform that makes it easy for educators to plan, execute, and assess SEL lessons.
- Professional Development: Training and support for educators to effectively implement SEL in their classrooms.
- Accessibility and Inclusivity: Ensuring all students, including those with diverse learning needs, can benefit from the program.

Evidence Supporting CASEL Framework

The CASEL framework is widely recognized and supported by a substantial body of research demonstrating its effectiveness in improving students' social, emotional, and academic outcomes. Studies have shown that SEL programs aligned with the CASEL competencies lead to improved classroom behavior, increased ability to manage stress and depression, better attitudes about themselves, others, and school, and an 11 percentile-point gain in academic achievement.

HEROES MADE leverages this proven framework to ensure that our program delivers tangible benefits to students, equipping them with essential skills for lifelong success.

With all these resources available on one comprehensive platform, HEROES MADE provides educators with a seamless, effective solution for nurturing well-rounded, capable students. The approach not only addresses students' emotional and social needs but also supports their academic growth, preparing them for future success.

Contact Details

For more information on how HEROES MADE aligns with CASEL's competencies, please contact: Heroes Mace at info@heroesmade.com