



VIVENSITY™

Spark Empower Transform

Empowering teenagers with essential life skills to build their resilience and live a balanced, meaningful life, through a process of self discovery and introspection.

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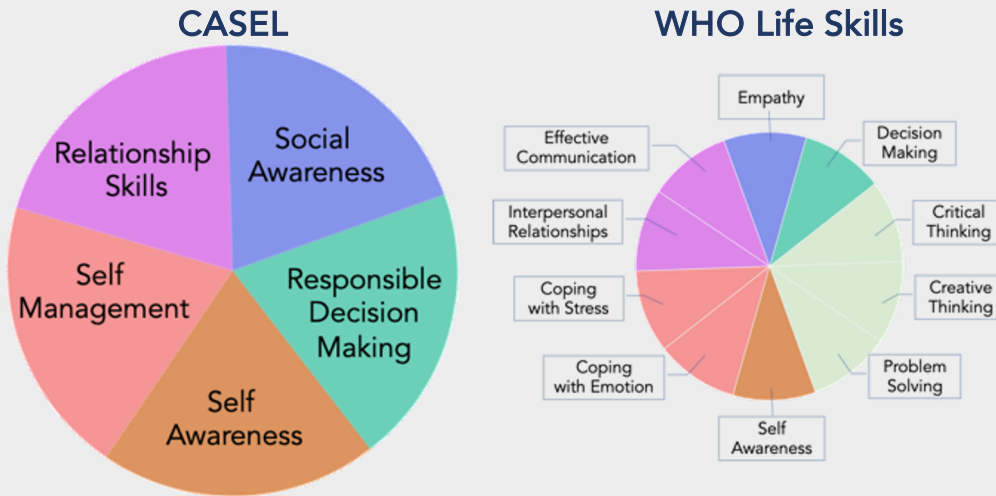


Vivensity's imSparked
CASEL Alignment



The Vivensity Approach

Sparker



Day to day concerns are addressed through videos that encompass the CASEL & WHO Life Skills curriculum.

*SEL : Social Emotional Learning

*CASEL : Collaborative for Academic, Social, and Emotional Learning

*WHO : World Health Organization

Energizer

SPARK ENERGY BALANCE



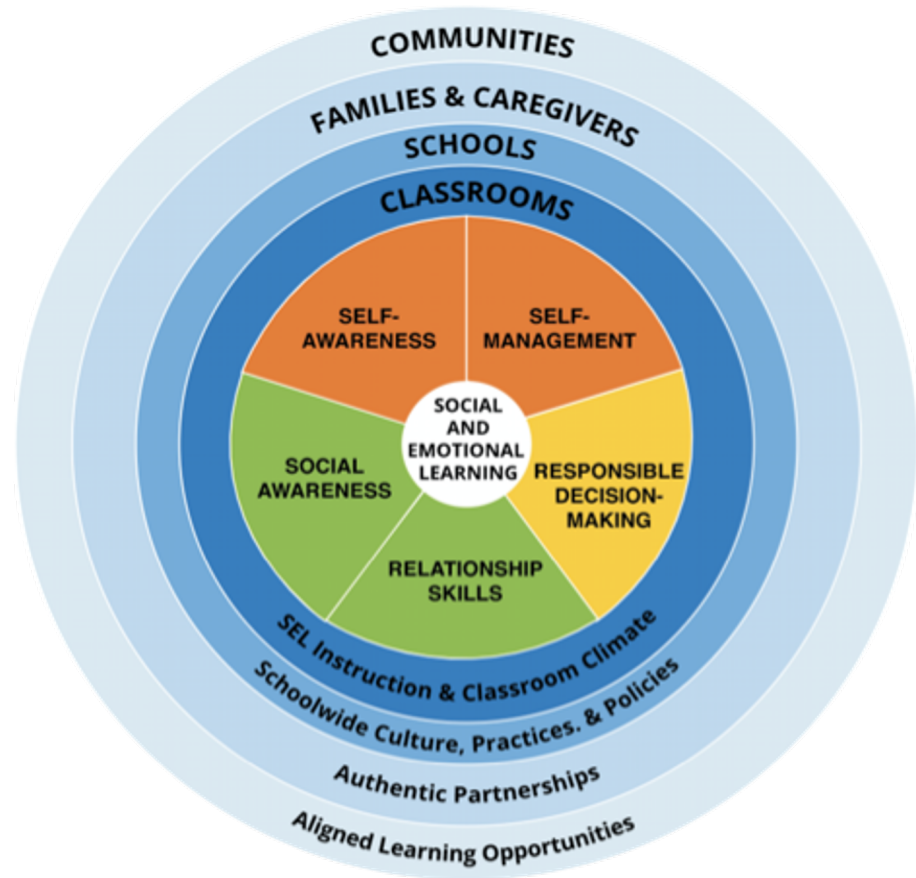
Holistic growth is ensured through activities for Mind, Body, Emotion & Connection

The CASEL 5...

Five broad and interrelated areas of competence:

- *Self-awareness*
- *Self-management*
- *Social awareness*
- *Relationship skills*
- *Responsible decision-making*

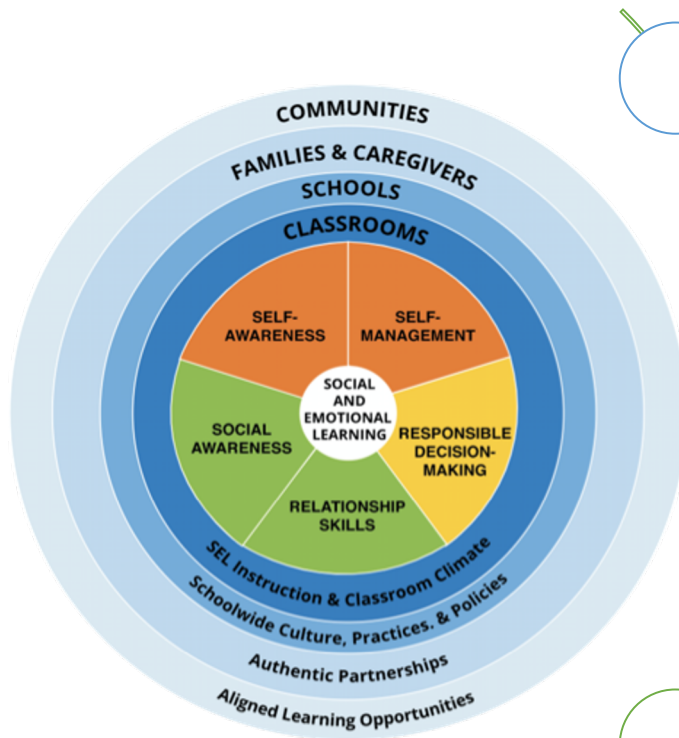
<https://schoolguide.casel.org/resource/the-case-for-sel/>



CASEL Alignment



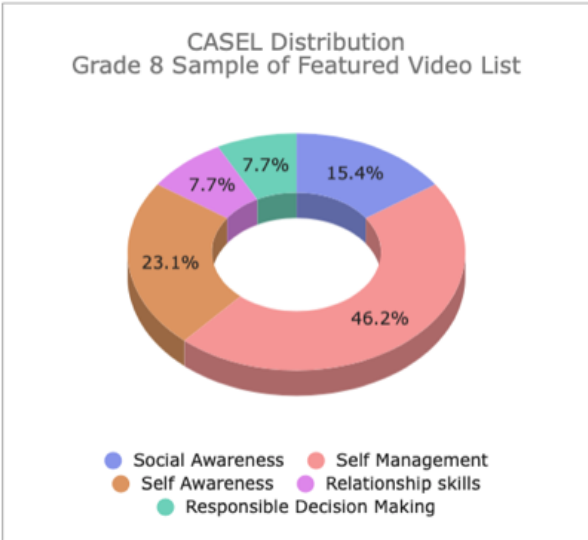
Vivensity's Approach is aligned with the Revised 2020 CASEL Framework & Guidelines



- Grade Wise CASEL Curriculum For Middle & High Schools
- Featured Video Curriculum for Comprehensive CASEL Content + WHO Life Skills – 52 / year
- Self-Guided Student Centric Platform with full access to all the content library & teacher recommendations
- Learning Units for Deeper Skill Building in ALL CASEL areas, each 1-2 weeks long, using Teacher Guided Learning Approach, 15 Learning Units / Year
- Learning Units enable practices across key settings of classrooms, families, and communities to enhance all students' SEL learning
- Adult's SEL Support - Teacher and Parent SEL content for self-care and supporting student SEL learning

Sample Grade Wise SEL Curriculum

GRADE 8		
TOPIC	CASEL	VIDEO TITLE
1 Respect	Social Awareness	Who should you respect ?
2 Dealing with Fear	Self Management	Kill fear in 5 seconds
3 Body posture	Self Awareness	The benefits of good posture
4 Self awareness	Self Awareness	Perfection doesn't exist Stop trying to be perfect
5 Responsibility and choices	Self Management	Responsibility hack Responsibility and Discipline
6 Effects of social media	Self Management	How is your phone changing you? How Is Your Phone Changing You?
7 Bullying	Self Management	Five ways to STOP bullying Anti-bullying tips for kids with, "Five Ways to Stop Bullying!"
8 Self-Confidence	Self Management	Gain more confidence Can anyone become more confident? Marisa Peer
9 Friendships	Relationship skills	Teen Voices: Connected Teen Voices: Friendships and Social Media
10 Gratitude	Social Awareness	Amazing effects of gratitude he Amazing Effects of Gratitude
11 Decision making	Responsible Decision Making	Making tough choices Making tough choices with Kid President
12 Social Influence	Self Awareness	Change their opinion How Can You Change Somebody's Opinion?
13 Resilience	Self Management	5 Habits that build resilience Build resilience with these healthy habits



Student User Home Screen

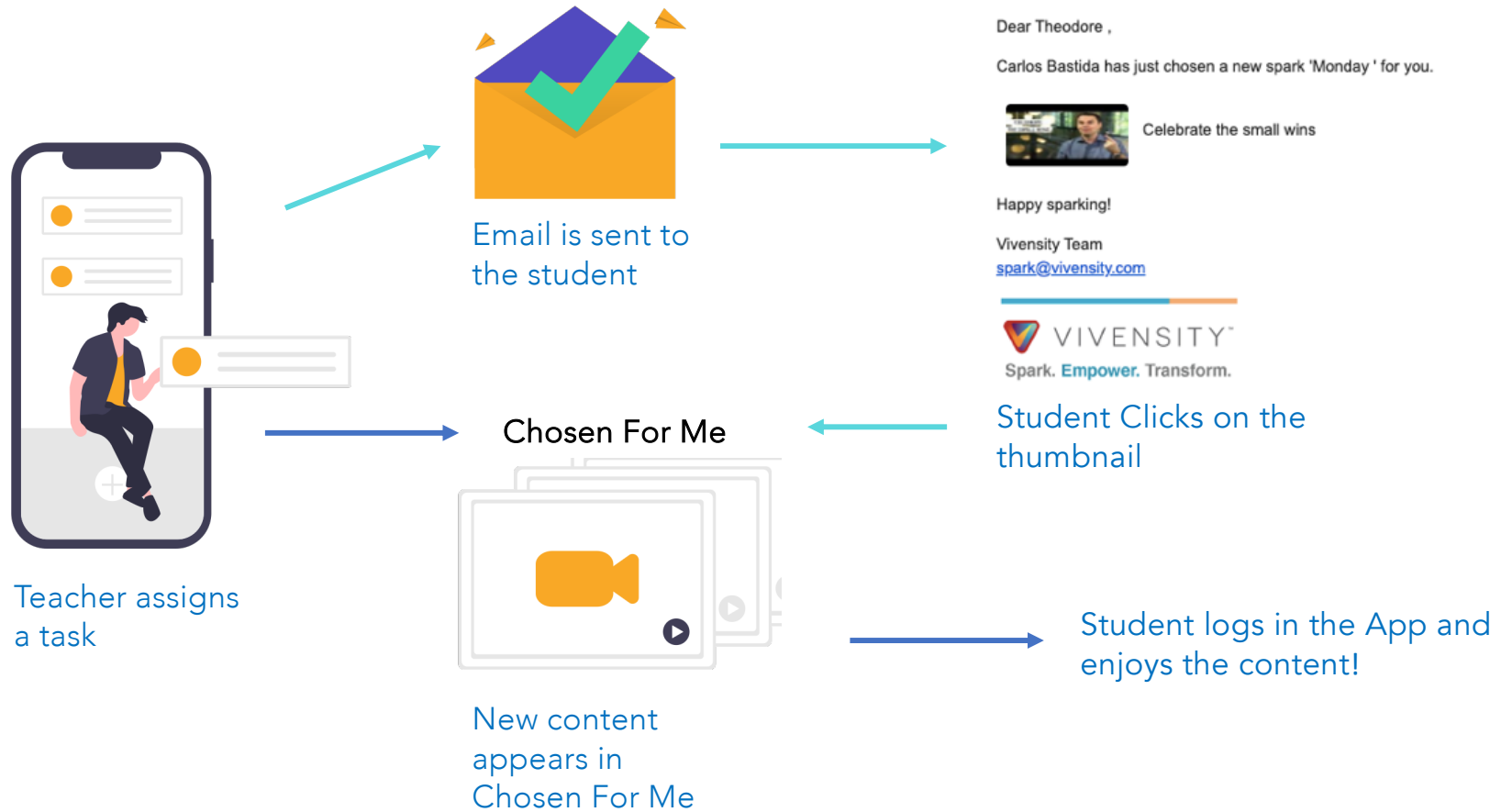
Grade-wise Weekly Featured Video

Content chosen by the teacher

Explore a Category from the library (chosen randomly)

Videos by Category in the library

Chosen For Me Work-Flow



Recommended Sparker Playlists



Time Management Playlist



Spark Title	Description
Sitting with emotions (Audio)	This audio guides us through validating what is happening emotionally in our body and mind.
Balancing your time	Dre Baldwin talks about juggling work, academics, and playing sports in school
How to prioritize	Shows you a simple way to prioritize your tasks in the right order
Time management solutions	It explains a time management technique, (RAC) - Record, Analyze, Change.
Managing your time	This video has many tips on how to manage time.

Example of Learning Unit Template

CATEGORY: Connecting with others

Objective

To help students realize the importance of connecting with others and make an effort to better their relationships. This unit focusses on skills of active listening and sharing with peers, family and community.

Topic Overview

Connecting with others is a sense of being open and available to another person, even as you feel they are open and available to you. Connection with others is a very important relationship skill. Real connection is more than just talking to others or sharing interests. Connecting with others leads to increased happiness, better health and longer life.*

Unit Summary

Day	Approach	Sub-Unit Topic	CASEL / B-M-E-C	Output	Outcome	Assessment
Mon (School)	Pre-Survey	Pre-Unit Baseline - 2 min	Relationship Skills	<ul style="list-style-type: none"> Complete pre/ baseline survey questions 	<ul style="list-style-type: none"> Student baseline is defined. 	In-built in the sub-unit
Mon (School)	Sparker Video & Reflection	Connect deeper with others - 8 min	Relationship Skills	<ul style="list-style-type: none"> Read Synopsis Watch Sparker Video Complete Feedback Form 	<ul style="list-style-type: none"> Helpfulness Rating recorded Articulated Emotion Set Intention 	In-built in the sub-unit
Mon-Tues (Home)	Energizer Activity
Wed (School)	Peer Interaction
Thurs (School)	Research
Complete at least one (or both for Extra-Credit)	Family Interaction			
	Community Interaction			
Fri (School)	Review Journal & Post-Survey			

Skills Areas Addressed in this Unit

CASEL: Relationship Skills, Self-Awareness
 WHO Life Skills: Interpersonal Relationships, Effective Communication
 Energy Balance (B-M-E-C): Connection, Emotion

Core Messages

- Being open, listening and sharing, helps build deeper connections and create stronger bonds.
- Active listening is the key; it allows you to show someone that you genuinely care about them.
- The quickest way to build a high-quality relationship is realizing the others' point of view and what they are experiencing.
- The experience of reaching out to others and having a one on one interactions forms a basis to build your relationship skills.
- Connecting with others also includes making a real connection with your community.