



A Y A G K

Are You A Glow Kid[®]
Social Emotional Learning Program and Curriculum
info@areyouaglowkid.com 973-850-6366

Overview Of The Program

Are You A Glow Kid[®] focuses on solutions for positive social emotional wellness development, covering a broad range of relevant topics that challenge children, families and schools, while meeting the NJ Department Of Education requirements. Prevalent issues are addressed and cross components related to social emotional learning utilizing a multi-tiered system of support and a preventative strength based approach.

Are You A Glow Kid[®] addresses solutions by empowering pre-school and elementary school aged children to:

1. Build core strength in self-development;
2. Increase solution based skills for well navigation;
3. Develop leadership skills;
4. Strengthen aptitude for life long success.

Are You A Glow Kid[®] achieves this by:

1. Providing a comprehensive social emotional learning program and curriculum;
2. Delivering 27 lesson plans with experiential exercises specifically designed to dovetail knowledge within the education and mental health systems;
3. Supporting curriculum teaching standard requirements for pre-k to 6th+ grade;
4. Meeting multiple NAEYC Program Standards;
5. Strengthening communication between schools and families, to create positive relationships and climate among the students, educators and families;
6. Assisting preschool and school-aged children in advancing social emotional development and mental health wellness through a proactive approach designed to increase self-motivated decisions that will encourage productive and peaceful living.



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Are You A Glow Kid[®] & The NJ Department Of Education

Are You A Glow Kid[®] focuses on social emotional development while aligning with specifications set forth by The New Jersey Department Of Education including, but not limited to:

- Anti-Bully;
- Early Childhood Education and Family Engagement;
- Academic Standards (Student Learning Standards);
- Professional Development;
- School Security;
- (“Overview of NJ Department of Education Programs”, 2017)
- Keeping Our Kids Safe, Healthy and In Schools, including, but not limited to:
 1. Safe and Positive Learning Environments;
 - a. Codes of Student Conduct;
 - b. School Climate and Culture;
 - c. Social and Emotional Learning;
- (“Keeping Our Kids Safe, Healthy and In Schools”, 2017)

Are You A Glow Kid[®] pre-designed lessons directly support teaching content standards, including, but not limited to:

Standard 2.1 Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.

- Strand A. Personal Growth and Development.
- Strand C. Diseases and Health Conditions.
- Strand D. Safety.
- Strand E. Social and Emotional Health.



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Are You A Glow Kid® & The NJ Department Of Education, (continued)

Standard 2.2 Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.

- Strand A. Interpersonal Communication.
- Strand B. Decision-Making and Goal Setting.
- Strand C. Character Development.

Standard 2.4 Human Relationships and Sexuality: All students will acquire knowledge about the physical, emotional, and social aspects of human relationships and sexuality and apply these concepts to support a healthy, active lifestyle.

- Strand A. Relationships.

Standard 2.5 Motor Skill Development: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.

- Strand B. Strategy (“New Jersey Learning Standards for Comprehensive Health and Physical Education”, 2017).



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Are You A Glow Kid[®] & The NJ Department Of Education Shared Initiatives

The *Are You A Glow Kid[®]* Curriculum upholds The New Jersey Student Learning Standards for Comprehensive Health and Physical Education by aligning with the New Jersey Legislative Statutes. “The New Jersey Department of Education has been promoting social and emotional learning to enhance the building of positive school climates and the healthy development of young people.” (“Keeping Our Kids Safe, Healthy & In School”, 2017).

“Students in SEL programs are more likely to attend school and receive better grades, and are less likely to have conduct problems. Successful infusion of SEL can result in positive behaviors, increased academic success, and caring communities.” (“Keeping Our Kids Safe, Healthy & In School”, 2017).

Within the Comprehensive Health and Physical Education in the 21st Century Health literacy, there is a need to support healthy student learning as identified by the Mission: “Knowledge of health and physical education concepts and skills empowers students to assume lifelong responsibility to develop physical, social, and emotional wellness” (“New Jersey Learning Standards for Comprehensive Health and Physical Education”, 2017)

Are You A Glow Kid[®] Social Emotional Learning Program and Curriculum strengthens the various concepts within the Comprehensive Health and Physical Education Core Curriculum Content Standards, as understood from a proactive social and emotional wellness development and preventative strength based mental health perspective, including but not limited to, character, different kinds of families, health, personal assets, intentional injuries, protective factors, resiliency, service projects, and wellness (“New Jersey Learning Standards for Comprehensive Health and Physical Education”, 2017).

Concentrated instruction is provided within the Content Area Comprehensive Health and Physical Education Core Curriculum Content Standards, as outlined in the Social and Emotional Learning (SEL) requirements. This is achieved by infusing curriculum lesson plans as related to core standards to reinforce the identified competencies and sub-competencies; self-awareness, self-management, social awareness, responsible decision making and relationships (“Social and Emotional Learning”, 2017).

It is imperative to teach children positive social and emotional skills and protective factors, as this impacts how a child functions in school, home and community. Specifically, the *Are You A Glow Kid® Social Emotional Learning Program and Curriculum* incorporates a social-ecological model, as recommended to increase wellness and reduce violence by The Center For Disease Control and Prevention, as lessons integrate well-being from an individual, relationship, community and societal perspective.





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Children are in critical need of deliberate strategies, collaborations and solutions. Children benefit when instructed and supported in developing healthy self-awareness and are assisted in learning to identify, communicate, and effectively manage their thoughts and feelings they encounter. This type of instruction promotes a sense of personal competency, self-confidence, and personal empowerment.

Extremely comprehensive in design, *Are You A Glow Kid®* embodies a preventative and proactive design providing support in educational learning standards while promoting positive development of social and emotional wellness skills that assist in shaping the foundation for well-being and success in life. Incorporating social emotional learning (SEL) strategies in everyday curriculum will teach children a healthy sense of self and adequate interpersonal skills. Understanding what is needed to improve the quality of SEL in school classrooms, *Are You A Glow Kid® Social Emotional Learning Program and Curriculum* is a good fit to address modern day youth problems and circumstances.