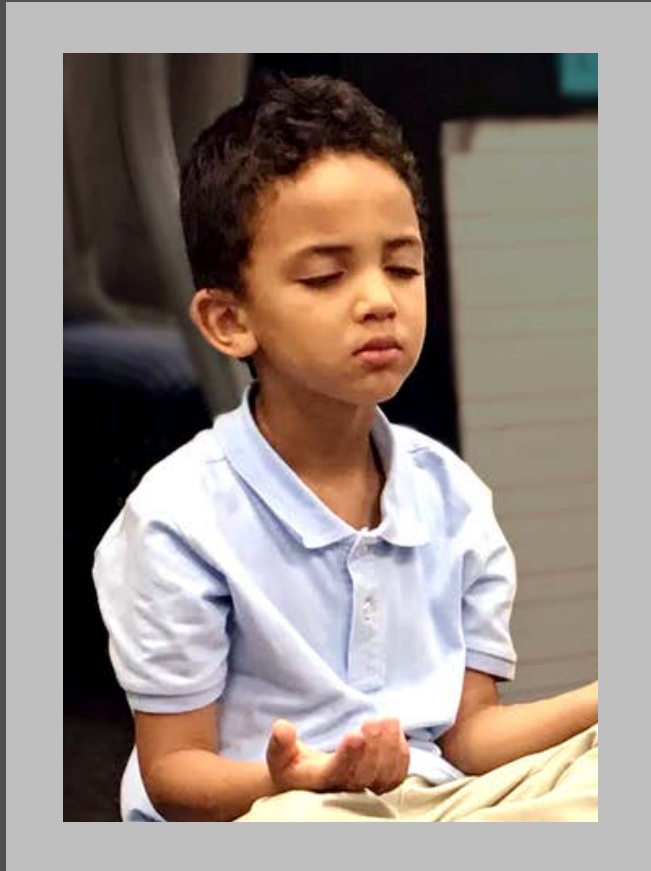




MY TRUE SELF

SOCIAL EMOTIONAL LEARNING FUN



Integrating and operationalizing culturally sensitive Social-Emotional Learning (SEL) concepts and student progress easily and affordably into the school day.



MY TRUE SELF

SOCIAL EMOTIONAL LEARNING FUN

created by
THEWELL

This contains intellectual property owned by The Well (A Mindful Moment) and the programs encompassed by The Well including, but not limited to, trademarks, copyrights, proprietary information, and other intellectual property as well as the program names (My True SELF, True Body Project, Mindful Music Moments, Mindful Poetry Moments), logos, all designs, text, graphics, workbooks, digital products, other files, and the selection and arrangement of such.

You may not modify, distribute, sell, publish, transmit, participate in the transfer or sale of, create derivative works based on, display, reproduce, or perform, or in any way exploit in any format whatsoever any of the materials/content, or other intellectual property, in whole or in part without our prior express and written consent by The Well. We reserve the right to immediately remove you from the services, without refund, if you are in violation of this intellectual property policy and hold the right to pursue all other legal options as deemed necessary.

All rights are reserved. © 2022 The Well



MY TRUE SELF

Connected Engaged

About the Program

The My True SELF integrates culturally sensitive Social-Emotional Learning (SEL) concepts into the school environment bolstering student progress as well as educator SEL support in an easily adaptable, affordable way.

The My True SELF curriculum is an off-shoot of the award-winning, evidence-based True Body Project program and focuses on the support of SEL for children and adults throughout the school, at home, and in the community. This program is experienced-based and invites students to participate in a co-creative learning atmosphere. Parents and community partners are also encouraged to engage in two-way communication to support the objectives.

The mindfulness-based SEL curriculum is enriched with somatics and mind-body work and addresses SEL from a holistic perspective. It offers academic integration as well as explicit SEL skill instruction in an immersive mindfulness classroom. Shaped around the CASEL framework, this program meets the criterion for PBIS Tier 2 and Tier 3 and aligns with your school's adopted SEL assessment. With data collection and analysis, the program is adapted and improved on a continual basis to ensure efficacy and equity for all students.

Inspired Connected Engaged Inspired

What's Included

Professional Development

Integrated professional development trainings for staff and teaching artists allow for culture building keeping all parties engaged, collaborative, and using common language and processes in support of program success.

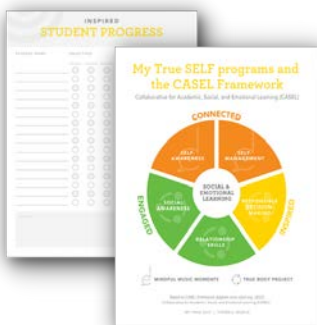


True Body Project Workbook

The student workbook contains over 70 pages of content supporting identity framing, character strength building, emotion identification and regulation, co-creative learning, embodiment tools, and more.

Mindful Music Moments Program

40 weeks of daily mindfulness prompts with world class music in easy-to-use audio files. An average of 4 minutes per audio recording makes a powerful, impact ritual without sacrificing academic time.

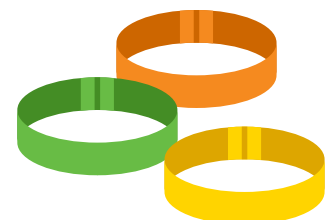


Classroom Visuals & Materials

Clear, vibrant classroom visuals including posters and signs are reminders of the My True SELF competencies that have been adopted into the school culture. This keeps the philosophies at close hand for reference by the students, educators, and visitors in the building.

Student Progress Bracelets

Custom My True SELF bracelets given for student progress. The bracelets help serve as reminders of the My True SELF material and provide opportunities to actively engage with people in their life.



Supplements & Resources



Educator Social-Emotional Support

Curated offerings of group and individual programming create space to support staff self-care and professional care. Holistic well-being is vital to the effectiveness of any educator and is an integral part of any SEL program.



Community Support

Integrating the community into the My True SELF program is possible through community workshops for families or for adults that support the student in the school. Offerings may include SEL experiences, trainings, or performances that support SEL goals.



True Body Leadership Training

For any staff member who wishes to deepen their capacity to support social-emotional learning for others, True Body Leadership Training offers the knowledge and resources to be an effective space-holder in a variety of settings.



Connected Engaged Inspired Connected Engaged Inspired

PBIS & CASEL Frameworks

My True SELF Education Framework Integration



PBIS

TIER ONE - UNIVERSAL (ALL)

CASEL

SELF-AWARENESS
SELF-MANAGEMENT

Mindful Music Moments is an evidenced-based program that has been featured on the Greater Good for Education by UC Berkeley, PBS NewsHour and utilized by hundreds of schools nationwide. MMM is a flexible program that can be delivered to your entire school community over the morning announcements or individually in each classroom. We work with schools to help them implement the program and measure what is most meaningful for them.

Mindful Music Moments is an excellent Tier 1 Positive Behavioral Intervention Strategy because it moves beyond just words and into experience. This opportunity for experience helps create the capacity for self-awareness and self-management and allows for higher learning and cooperation.



PBIS

TIER TWO - TARGETED (SOME)
TIER THREE - INDIVIDUALIZED (FEW)

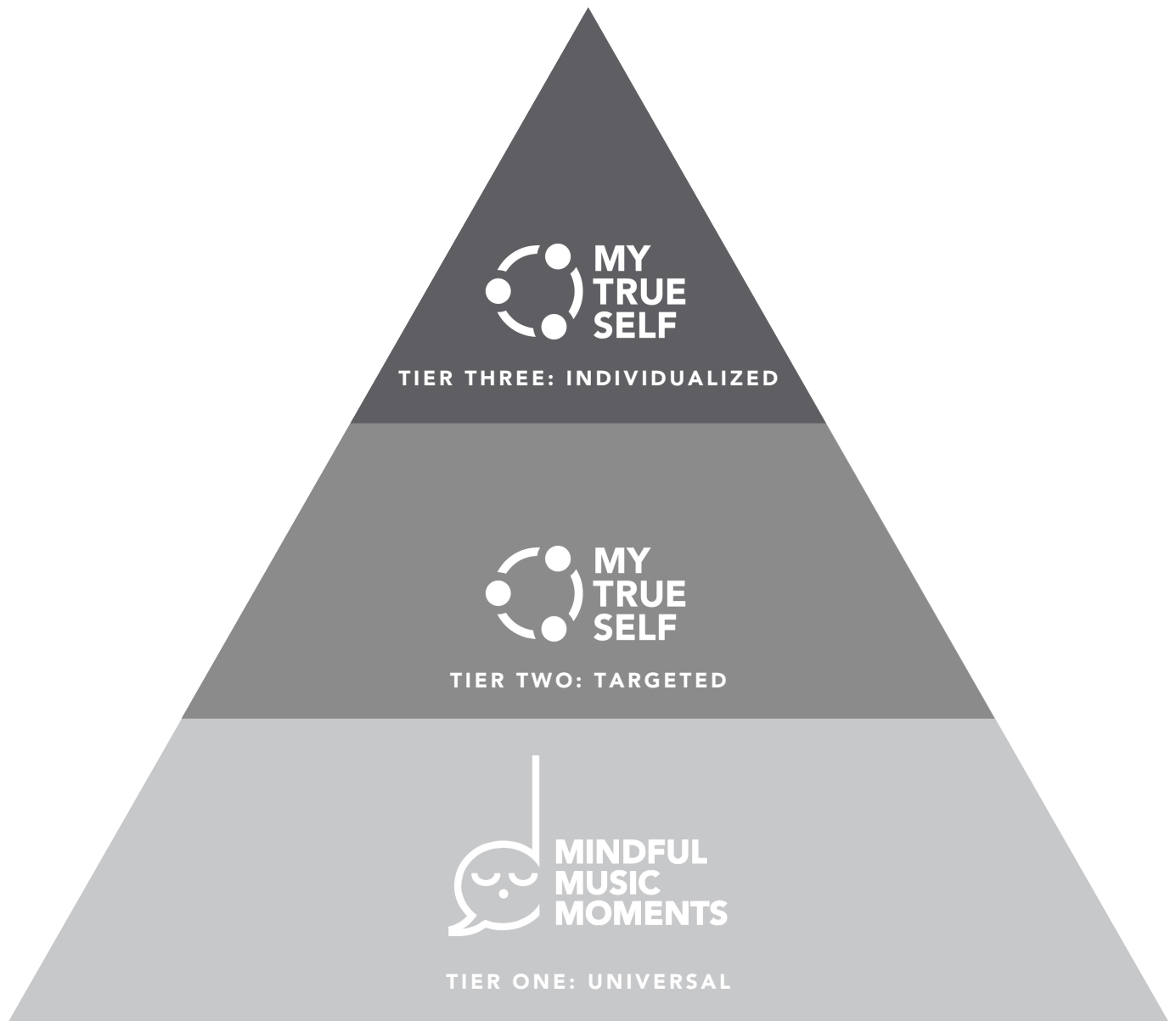
CASEL

SOCIAL AWARENESS
RELATIONSHIP SKILLS
RESPONSIBLE DECISION-MAKING

The My True SELF curriculum, which can be adopted and integrated into the culture of your school or after-school program as a whole, can be strategically used for more targeted skill instruction in small groups or in an explicit SEL skills classroom, a Mindful Classroom, under the guidance of a trained mindfulness educator. Furthermore, the curriculum can be utilized on a one-on-one basis to support those who would benefit from more targeted support.

My True SELF and the PBIS Framework

Positive Behavioral Interventions and Supports (PBIS)



Based on Tiered PBIS Framework diagram www.pbis.org.
Center on PBIS (2022). Positive Behavioral Interventions & Supports.

My True SELF and the CASEL Framework

Collaborative for Academic, Social, and Emotional Learning (CASEL)



MINDFUL MUSIC MOMENTS



MY TRUE SELF

Based on CASEL Framework diagram www.casel.org. (2022)
Collaborative for Academic, Social, and Emotional Learning (CASEL).

PBIS, CASEL and Brain Development

PREFRONTAL CORTEX

Executive Center

"The Thinking Brain"

Developmental shifts around ages 5-6, 11 & 15. Handles logic, empathy, compassion, creativity, self-regulation, self-awareness, predicting, planning, problem-solving, attention.



RESPONSIBLE DECISION-MAKING

REPTILIAN BRAIN

Survival Center

"Fight, Flight or Freeze"

Developed at birth. Regulates autonomic functions: breathing, digestion, heart rate, sleep, hunger, instinctual behaviors & behaviors that sustain life.



TIER ONE - UNIVERSAL (ALL)
 TIER TWO - TARGETED (SOME)
 TIER THREE - INDIVIDUALIZED (FEW)
SELF-AWARENESS
SELF-MANAGEMENT

LIMBIC SYSTEM

Emotional Center

"The Emotional Brain"

Developmental focus is during ages 0-5. Processes emotions, memory, response to stress, nurturing, caring, separation anxiety, fear, rage, social bonding and hormone control.



TIER ONE - UNIVERSAL (ALL)
 TIER TWO - TARGETED (SOME)
 TIER THREE - INDIVIDUALIZED (FEW)
SOCIAL AWARENESS
RELATIONSHIP SKILLS



This diagram represent how the PBIS and CASEL frameworks activate the three centers of brain development.

All three PBIS tiers connect to the survival and emotional centers.

In CASEL, self-awareness and self-management connect to the survival center. Social-awareness and relationship skills connect to our emotional center. And, responsible decision-making connects to the executive center.

Based on How the Brain Develops diagram www.teach-through-love.com. (2009-2022)

Teach Through Love. Flatliner/Getty Images

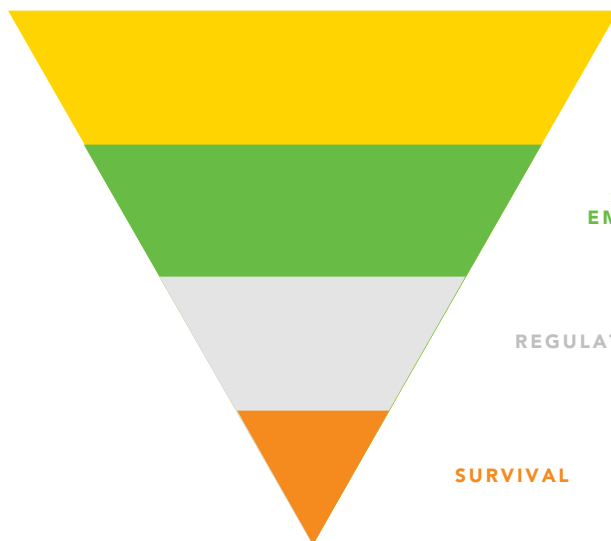
Trauma and Brain Development

WHAT HAPPENS WHEN THERE IS DEVELOPMENTAL STRESS OR TRAUMA

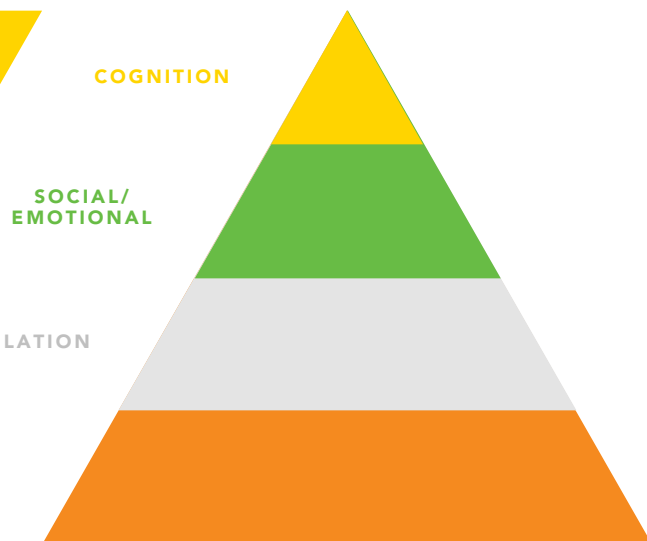
When a child's basic needs for love, food, shelter, and connection are met consistently and without confusion or disruption, the emotional center of the brain can adequately develop. Similarly, when a child is nurtured and there is adequate attunement to his or her emotions, stress responses, and social bonding, the executive center can fully develop. Poverty, homelessness, addiction, "walking on eggshells," and other stressors can profoundly alter resilience, affect, and learning.



TYPICAL DEVELOPMENT



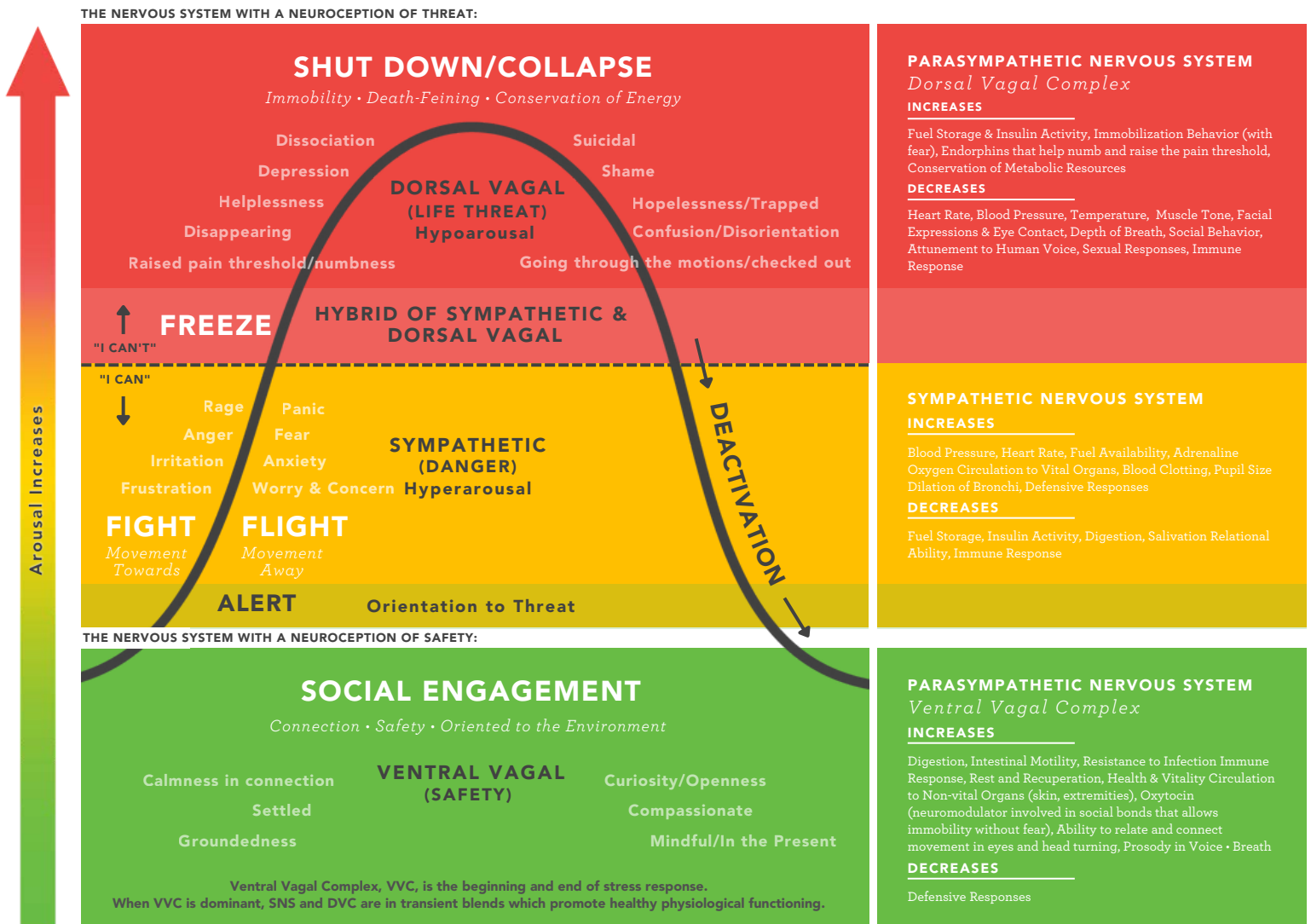
DEVELOPMENTAL TRAUMA



Based on Holt & Jordan, Ohio Department of Education

Physiology and Emotional Response of the Vagus Nerve Arousal Spectrum

Polyvagal Theory Chart of Trauma Response



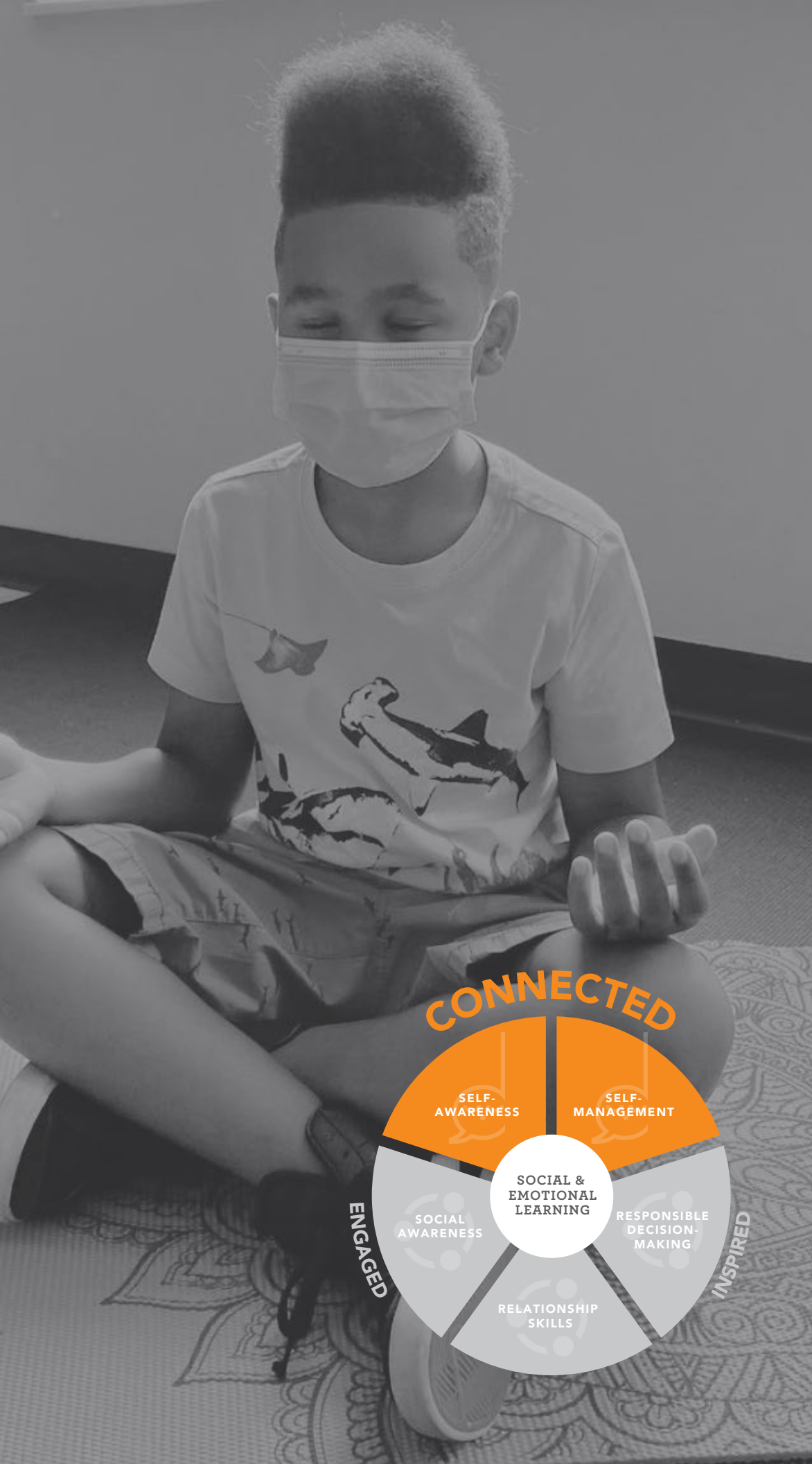
Based on Ruby Jo Walker from Cheryl Sanders, Anthony "Twig" Wheeler, And Steven Porges.



Connected Engaged Inspired Connected Engaged Inspired

CONNECTED | ENGAGED | INSPIRED

The Three Pillars of MY TRUE SELF



PILLAR
01

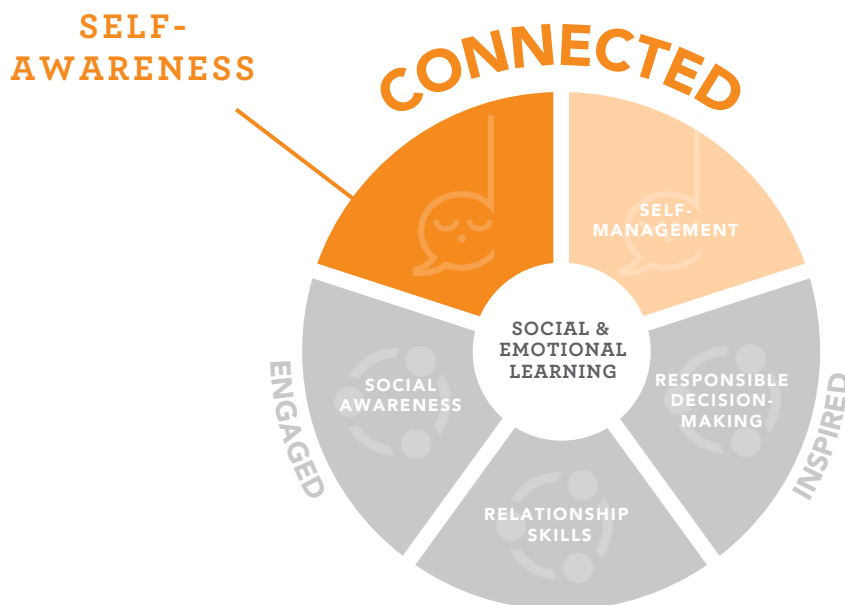


CONNECTED

SELF-AWARENESS
SELF-MANAGEMENT

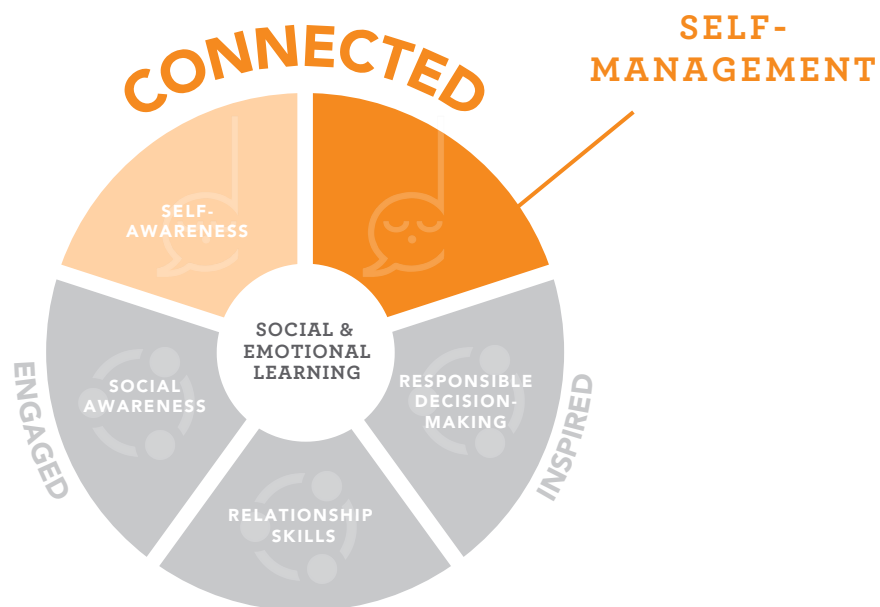
CONNECTED SELF-AWARENESS

- Identify your emotions
- Demonstrate honesty and integrity
- Link emotions, values and thoughts
- Experience self-efficacy
- Has a growth mindset



CONNECTED SELF-MANAGEMENT

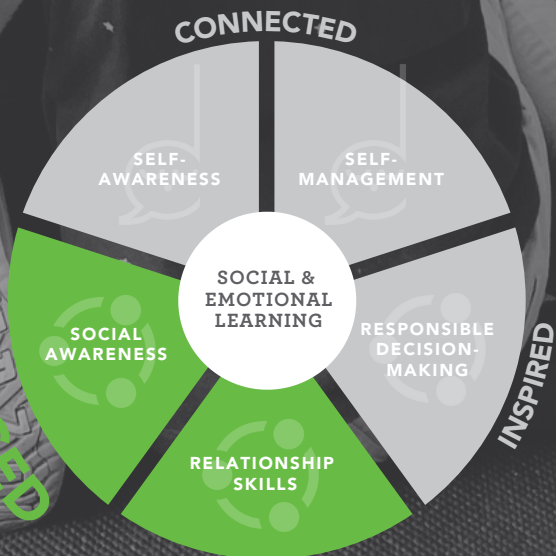
- Manage your emotions
- Identify and use mindfulness tools
- Set personal and class goals
- Show the courage to take initiative





PILLAR
02

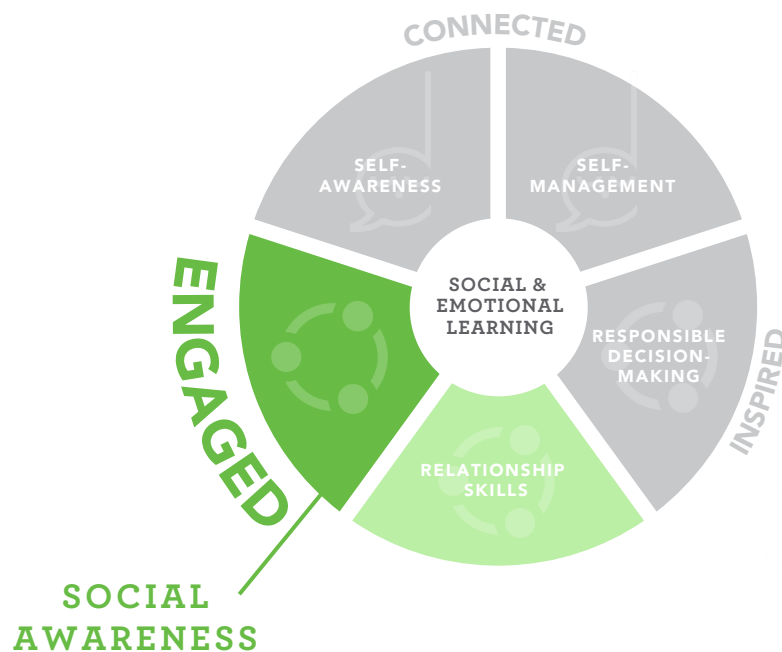
ENGAGED



SOCIAL-AWARENESS
RELATIONSHIP SKILLS

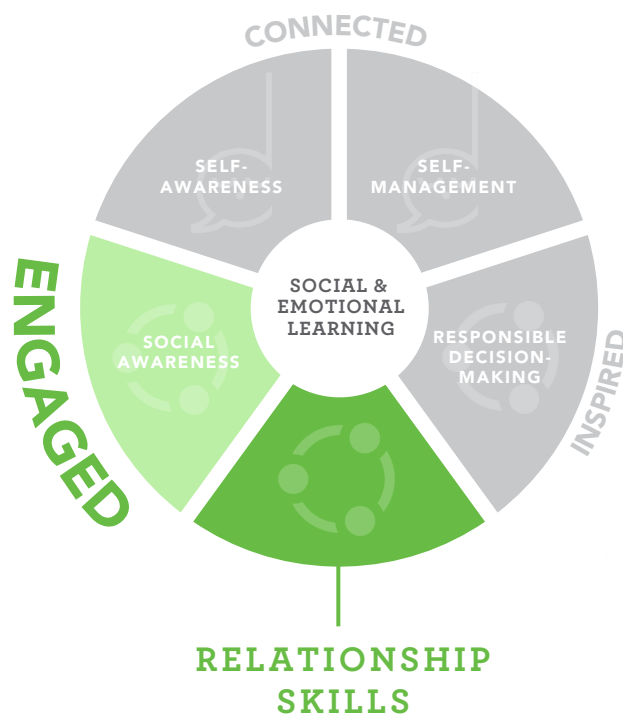
ENGAGED SOCIAL-AWARENESS

- Take others perspective
- Recognize strengths in others
- Demonstrate empathy and compassion
- Understand and express gratitude



ENGAGED RELATIONSHIP SKILLS

- Communicate effectively
- Develop positive relationships
- Practice teamwork and group problem-solving
- Show leadership in class





PILLAR
03

INSPIRED

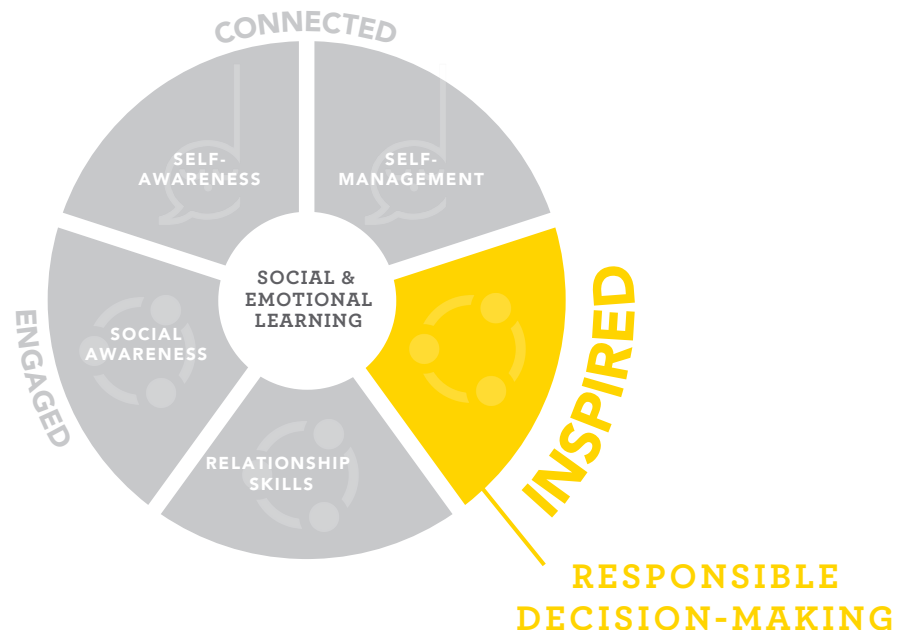


RESPONSIBLE
DECISION-MAKING

INSPIRED

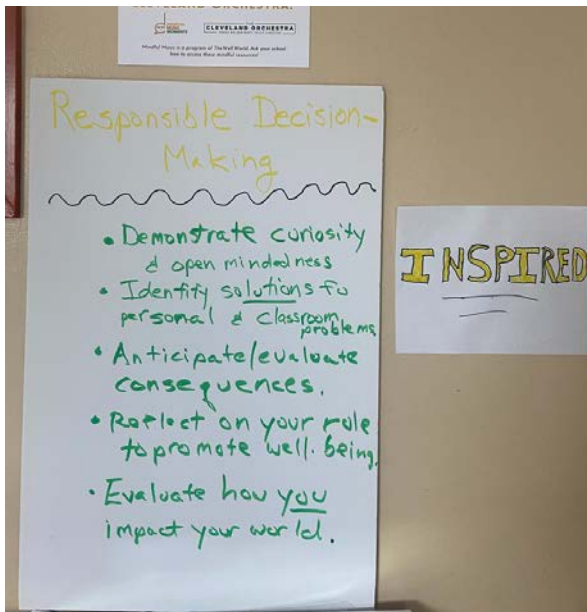
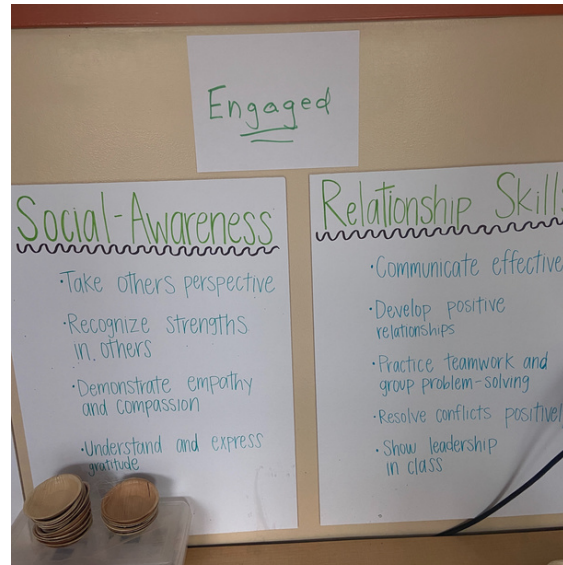
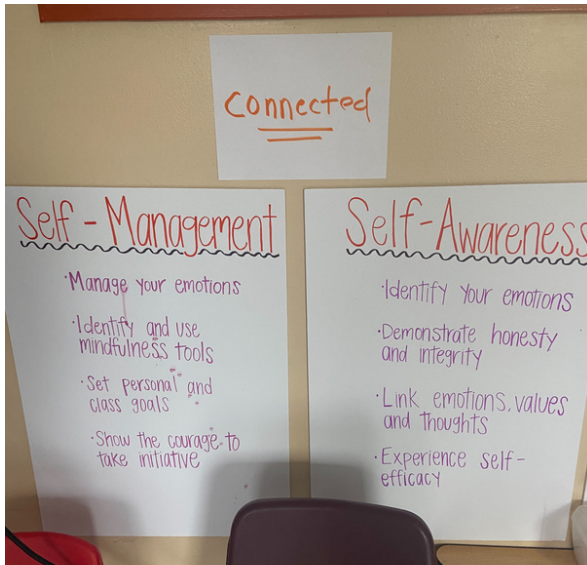
RESPONSIBLE DECISION-MAKING

- Demonstrate curiosity and open mindedness
- Identify solutions to personal and classroom problems
- Anticipate/evaluate consequences
- Evaluate how you impact your world.



In the Classroom

Our SEL pillars (Connected, Engaged, and Inspired) are displayed in the classrooms in youth-oriented languaging to help students learn, remember, and practice each competency throughout their day. Students are also encouraged by the prospect of earning progress bracelets that demonstrate their ability to integrate SEL principles into their lives.



Images from My True SELF pilot program at Imagine Bella Academy
www.thewell.world.com. (2022)



Ready for Connection?

Contact us

MYTRUESELF



For My True SELF and True Body Project

Kami Lerma, True Body Program Manager

kami@thewell.world



For Mindful Music Moments

Bryce Kessler, Mindful Music Program Manager

bryce@thewell.world



For Mindful Poetry Moments & General Inquiries

Stacy Sims, Founder and Director

stacy@thewell.world

Programs, practices and connection at the intersection of arts and wellness.

The Well is nourished by the non-profit organization A Mindful Moment. Our mission is to improve the mental and emotional well-being, connectedness, and effectiveness of all citizens through arts integration, mindfulness, music, movement, and healing-centered practices.



WWW.THEWELL.WORLD