

Teachers seamlessly incorporate self-regulation & calming tools into their school culture to **inspire students' emotional well-being.**

SITUATION

After years of working to develop a school culture around GRIT and a growth mindset, Stapleton Elementary School's principal sought an **effective curriculum** to support their efforts.

The district and the elementary school focus on educating the **whole child**. Yet, instilling a **growth mindset** and getting students to take ownership of their learning remained difficult. "I was trying to find a way to help kids develop belief in themselves — an 'I can' mentality. The ability to self-regulate, control one's emotions, and develop confidence is key to success in life."



Stapleton Elementary is a K-6 rural elementary school in Alabama with limited resources and stretched-too-thin teachers. The principal wanted to make things easier for his teachers while increasing student well-being, motivation, perseverance, and self-regulation.

PARTNERSHIP

School Goals: Implement techniques and lessons that help students self-regulate when faced with big feelings and provide a **common language** to inspire students to take ownership of their learning.

Partnering with EmpowerU naturally aligned with the school culture, so it was an **easy lift for teachers**. Teacher-led, 20-minute lessons include videos with characters kids come to love, share time, journals, and self-reflective questions to deepen learning.

"Just the name, EmpowerU, **aligned with everything we want for our students** in life: self-control, self-regulation, self-belief, self-efficacy." Students learned about calming, stamping out ANTs [automatic negative thoughts], and tackling things like procrastination — working through things they are trying to avoid. Understanding your inner coach and your inner critic — these are tools that students need to be successful every day in school and life.

Wildly **popular with both teachers and students**, EmpowerU lessons and techniques, such as 'Take Charge,' 'Goal-Setting,' 'Self-Hug,' and 'Square Breathing,' teach universal strategies at age six or 60. Having children learn these essential skills at such a young age has made all the difference.



RESULTS

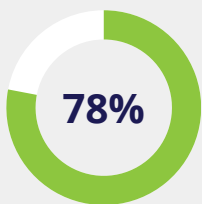
In their first year partnering with EmpowerU, Stapleton Elementary saw **success beyond expectations**. It's been easy for teachers and personally impactful.

In an EmpowerU course, students work towards goals in four areas — personal, emotional, social, and academic. The school now has a common language, the principal **reinforces the learning** during assemblies and everyday conversations, and you hear students talking about taking charge of their thoughts and calming tools as they walk in the halls.

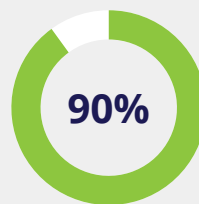
Pre- and Post-Surveys showed improvement in 'Confidence and Friendships,' Emotional Regulation,' 'Controlling My Thoughts,' and 'Persistence and Problem Solving.' Students are demonstrating confidence. As teachers become more comfortable with the lessons, EmpowerU is **strengthening the school culture**.



EMPOWERU OUTCOMES: STUDENT TRANSFORMATION



of teachers reported seeing an increase in student emotional regulation



of teachers reported that students were able to more effectively control their thoughts

STAFF TESTIMONIALS

"What we achieved in year one is extraordinary, but with time, as kids are exposed to these lessons year after year, it will become a bigger part of who they are as a person and really empower them to build sustained success."

JIM PERRY, PRINCIPAL AT STAPLETON ELEMENTARY

"As a self-contained classroom teacher, this has been the best tool for my students to take ownership of themselves and their behaviors. It has also helped me better understand how to acknowledge behaviors positively."

STAPLETON ELEMENTARY TEACHER