

ELEMENTARY SCHOOL

Student resilience is the best predictor of academic success. Mastery of the critical social-emotional concepts that build resilience are most impactful when introduced at an elementary level.

EmpowerU's proven Tier 1 and Tier 2 Elementary program builds self-directed and confident learners that thrive in the face of adversity.

Students often struggle with mental health barriers because of uncontrollable circumstances, no fault of their own. The one thing they can control are their thoughts, emotions, and next step forward. EmpowerU helps them just do that - without a heavy lift on staff or need for additional hires.

Our five core concepts are aligned with CASEL and ASCA standards as well as with National Health and Wellness standards:



WHY EMPOWERU IN ELEMENTARY

The introduction of social-emotional learning at an elementary level creates a healthy foundation for student mental health and a positive school community.

EmpowerU's core concepts are introduced, reinforced and mastered throughout the K-5 elementary curriculum, helping districts build school-wide capacity and common language around social-emotional wellness for both students and educators.

Building this foundation for our youngest students allows for these key concepts to be reinforced throughout a student's school years. As students age, EmpowerU helps them reflect and apply these core concepts to their goals and obstacles in a meaningful way, increasing confidence, connection and coping.

This important work will equip students with healthy social-emotional skills to successfully navigate their education, and life beyond the classroom.

PRODUCT FEATURES:

Plug and Play Curriculum:

Grade-level SEL lessons teach EmpowerU core-concepts. Turnkey delivery from EmpowerU online portal requires no teacher prep.

Personalized Learning:

Effective curriculum cannot simply be taught, but must be learned through application. Each EmpowerU lesson is reinforced by individual student application of EmpowerU core concept - making the important connection from head to heart.

Builds School-Wide Capacity:

All grades work on the same core concept at the same time, creating common language in the building.

Integrated: Daily 2 minute exercises help teachers reinforce the learning of core concepts at morning meetings and through other lessons.

"EmpowerU is more than just talking about problems, it gives students tools to engage in the process of self-improvement and equips them to overcome obstacles – now and in their future."

-Principal, Minnesota

BUILT TO WORK WITHIN MTSS FRAMEWORK

EmpowerU is built to work within the MTSS framework without a heavy lift from staff or need for additional hires. We dove-tail with student support teams and MTSS to meet students both at Tier 1 and 2 with highly personalized program that is student centered AND outcome focused.

EQUITABLE AND ACCESSIBLE

The delivery of EmpowerU through turnkey web-based lessons ensures equity and access for all students to receive the same level of instruction.

DATA DRIVEN

EmpowerU is built on data. Pre-to-post data is provided per classroom for all Tier 1 programs, and per student to be used as a part of MTSS evaluation at Tier 1. Our program is effective, and the data proves it.

GET STARTED TODAY

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SCHEDULE A MEETING](#)

QUESTIONS?
LET'S CHAT!

info@empoweru.education
<https://empoweru.education>



EMPOWERU PROGRAM DETAILS

K-5 Tier 1: Programming Delivered by Classroom Teacher without Prep

These classroom lessons are designed to be teacher led - without the need for teacher prep. They are truly plug and play, delivered directly from the EmpowerU online portal.

Each of the eleven lessons are differentiated by grade level, and are divided between 15 minutes of group instruction, followed by 10-15 minutes of student workbook (K-2) or journal (3-6) time to apply the learning to their lives.

Ideally these are scheduled lessons are scheduled 2-3 week apart - 6 first semester (Oct- Dec) and 5 second semester (Jan-March).

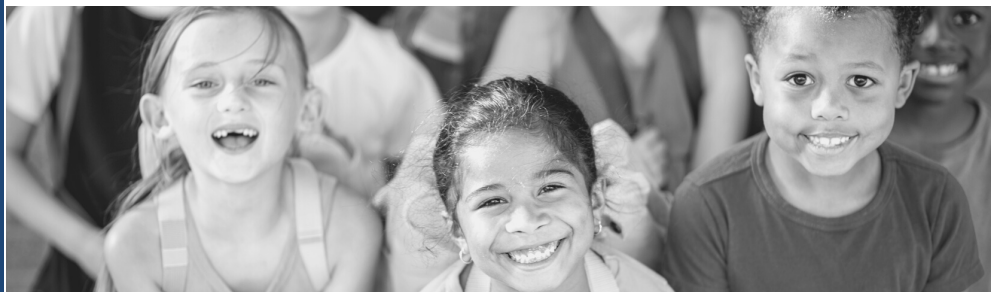
Includes: Teacher 30-minute online training, workbook for each K-2 student and journal for each 3-5 students along with 3 Classroom posters. Pre to post data per classroom as well as weekly online exercises for morning meetings and 3 journal prompts per week to cement learning.

K-5 Tier 2: Targeted Support, Deeper Learning

This 6-week intervention is designed to support 3-5th grade students that need additional mental health support. The 2/weekly lessons dove-tail into targeted intervention time during their school day.

Students complete an engaging 30 minute online lesson that helps them master resilience concepts. Each student receives 1:1 EmpowerU instructor support to help them connect the helpful skills in each lesson to their individual social-emotional and mental health challenges.

Students leave the program more self-directed and confident learners with the ability to thrive in the face of adversity. Pre to post growth data is provided for each student to be used as part of MTSS evaluation.



EMPOWERU PROGRAM BENEFITS

- Early introduction to a foundation of student resilience
- Normalizes mental "fitness" and builds positive school community
- Creates common language for social-emotional growth and well being
- Seamlessly integrated into classroom learning through EmpowerU portal and supporting materials
- Requires virtually no educator prep and minimal training