

2026-2027 Education Program Offerings

Educator Programming



Workshops

Starting the Year Strong

- Building Belonging from Day One
- Foundational EQ & Community Building Sessions™ (new teachers)
 - Community Building Sessions™ Booster (returning teachers)
- Helping Students Move from Emotion to Regulation (new 2026)
- Routines & Procedures that Save Time, Build Trust, & Maximize Learning
- Routines & Procedures 2.0: Building on What Works (new 2026)

Building Belonging

- Building Trusting Relationships
- Calm Areas for Self-Regulation
- Creating Emotionally Safe Spaces (new 2026)
- Small Acts, Big Impact: Cultivating Kindness Daily (new 2026)
- Supportive & Bully-Free Classrooms
- Words that Work: Setting a Positive Classroom Tone

Behavior is Communication

- Coaching Your Most Challenging Students (new 2026)
- Dealing with Challenging Classroom Moments
- Recognizing and Responding to Emotional Triggers
- Regulation Strategies for Managing Stress in Children

Friendships & Social Connections

- Conflict as a Skill: Teaching Healthy Disagreement (new 2026)
- Leveraging Perspective-Taking to Build Empathy (middle and high school, new 2026)
- Teaching the Skills of Friendship (new 2026)
- Using Connection to Develop Empathy (new 2026)

Perseverance & Resilience

- Beyond Growth Mindset: Thinking Positively & Learning through Struggle
- Fostering Resilience: Helping Students Overcome Setbacks
- Teaching Self-Reflection: Helping Students Learn from Challenges
- The Power of Optimism (new 2026)
- Understanding PACES & Leveraging Resilience



Focus & Engagement

- Attention Meets Concentration: Skills for Sustained Learning
- Brain Breaks to Build Focus, Create Community, and Enhance Learning
- EQ to Improve Focus and Behavior

Academic Achievement & EQ

- Classroom Discussions as an EQ Tool
- Cooperative Learning Strategies & EQ (new 2026)
- Literacy Communities through EQ
- Math Communities through EQ
- Positive Relationships, Better Grades
- Reducing Test Anxiety through EQ (new 2026)
- Removing Barriers to Learning: Developing Ready Learners (new 2026)

Tools for Ownership & Independence

- Accountability & Ownership of our Actions
- Building Student Independence (new 2026)
- EQ & Safe Risk-Taking (high school)
- Goal Setting Strategies: Helping Students Break Down Big Goals
- Noticing Growth: Student Reflection Activities (new 2026)
- The Power of Positive Self-Talk
- Right Time, Right Place: Helping Kids Shine in Every Moment

Wellness & Sustainability

- Balancing Empathy & Boundaries: Practical Skills for Sustainable Teaching (new 2026)
- Developing a Wellness Plan (new 2026)



Implementation Support

- **Implementation Support Visits**
 - 10-12 visits per year
 - Classroom resources that can be used immediately
 - Specialists partner with teachers during implementation visits to bring emotional intelligence to life in the classroom. We can model CBS, support teachers as they facilitate one themselves, or lead short mini-lessons focused on skills like emotional regulation, active listening, and working with others. These visits provide hands-on support that strengthen students' everyday EQ skills.



Classroom Resources



- **Community Building Sessions™ Daily Slides**
 - Daily slides guide teachers through all CBS components including breathing, greeting, compliments, and an intentional activity. Students practice EQ skills such as active listening, collaboration, building friendships, and managing stress and test anxiety while strengthening a positive classroom culture.
 - Differentiated slides by grade-level bands: K-2nd, 3rd-5th, 6th-8th

Early Learning Educator Programming



Workshops

Workshops for Young Learners

- Building Emotional Intelligence through Family-Style Dining
- Calm Areas that Support Regulation for Early Learners (new 2026)
- Cooperative Learning Strategies & EQ (new 2026)
- Early Literacy to Foster EQ in the Classroom
- Emotional Intelligence in Action: Hands-On EQ Strategies for Everyday Classroom Routines (new 2026)
- Fostering Emotional Intelligence During Free Play
- Nurturing Emotional Intelligence through Creative Play in the Classroom
- Setting Up the Classroom for Self-Regulation Success (new 2026)
- Strategies to Support Emotional Intelligence during Outdoor Play
- Small Acts, Big Impact: Cultivating Kindness with Young Learners (new 2026)
- Teaching the Basic Skills of Friendship (new 2026)
- Understanding PACES & Leveraging Resilience for Early Learners



Classroom Resources

- **Community Building Sessions™ Daily Slides**
 - Slides include one emotional intelligence skill per day, like a breathing exercise, a positive song, a cooperative activity, or a fun greeting.

Student Programming





Whole-Class Student Lessons

- **Equip Series (5th and 8th grades)**
 - We dive into the five core EQ competencies and show students how to use these essential skills as they transition into middle and high school. Through activities like naming and regulating emotions, collaborative teambuilding challenges, and practicing perspective-taking, students build the tools they need to navigate relationships, manage big feelings, and thrive in new environments.
- **Equip Teen Series (11th and 12th grades)**
 - Using real-life scenarios and peer challenges, students dive into the five core EQ skills that matter most as they prepare for life after high school. They practice managing emotions, navigating relationships, and understanding different perspectives. Through team challenges and discussion, students build practical skills to handle stress, communicate effectively, and confidently take their next steps.
- **Bring It Back to Calm (suggested grades: K and 3rd grades)**
 - Students learn to name their emotions, recognize how feelings show up in their bodies, and explore a variety of tools to help them reset and refocus. By practicing practical calming and regulation strategies, they build the skills needed to return to a calm, ready-to-learn state.
- **Equip Feelings, Choices, & Money (5th, 6th, 7th, and 8th grades)**
 - Students discover what matters most to them, see how emotions influence spending, learn to tell needs from wants, set meaningful goals, and build a simple budget that reflects their values.



Small Group Lessons

- **Middle School Small Groups**
 - Students connect, share, and grow in a safe small group where they practice expressing feelings, listening to others, and making responsible choices.

Parent Programming



Workshops

Foundational



- EQ: Why Your Kids Need It and How You Can Help
- Parent Superpowers: Creating Positive Experiences

Communication/Relationship Building

- Calm Starts with Us: Regulation Strategies for Stressful Times
- Deepening Conversations with Our Kids
- De-Escalation: Hacks to Diffuse Conflict and Chaos (new 2026)
- Helping Kids Feel Seen: EQ Tools for Fostering Belonging (new 2026)
- Helping Kids Navigate Social Media and Screen Time
- Listening that Changes Lives: How to Help Kids Feel Truly Heard (new 2026)
- Nurturing Healthy Friendships (new 2026)
- Repairing after Rupture: How to Rebuild Trust when Things go Wrong (new 2026)
- Saying the Right Thing When You Don't Know What to Say (new 2026)
- Solution-Centered Conversations
- Words that Work: Setting a Positive Tone at Home (new 2026)

Building Perseverance and Resilience with your Child

- The Art of Co-Regulation: Helping Kids Borrow your Calm (new 2026)
- Back-to-School Transitions: Routines & Procedures for Success
- Confidence: Trying and Failing
- Cultivating Independence in Our Kids
- Fostering Independence
- Handling Stress When Expectations Feel High (new 2026)
- Helping Kids Follow Through: EQ Tools for Accountability (new 2026)
- Helping Kids Move Through Disappointment: EQ Tools for Tough Moments (new 2026)
- Increasing Accountability: Helping Kids Own Their Actions
- Navigating All Things Homework
- Online and Offline: Helping our Kids Stand Up to Bullying
- Online Safety & Balance
- The Power of Optimism (new 2026)
- The Power of Yet: Fostering a Growth Mindset
- Reducing Test Anxiety through EQ
- The Science of Encouragement: What Actually Helps Kids Try Again (new 2026)
- Setting and Achieving Goals (new 2026)
- Supporting Healthy Risk-Taking: When to Step In and When to Step Back (new 2026)
- Supporting Kids Through Transitions: New Schools, New Friends, New Stressors (new 2026)
- Understanding and Addressing Bullying

Wellness

- Developing a Personal Wellness Plan (new 2026)



- Developing a Family Wellness Plan (new 2026)

Family Engagement Experiences

- **Family Activity Centers**
 - Hands-on activities bring families and students together to practice EQ skills in real time. Interactive centers focus on problem solving, emotional regulation, meaningful conversations, and thoughtful decision making.
- **Resource Tables**
 - Informational tables where specialists meet with families to share information about our partnership with the school and model strategies, activities, and games families can try together.

