

The Imani School
Social-Emotional Learning Program in Action
(SEL in Action!)

The Imani School is excited to offer a dynamic Social-Emotional Learning program designed especially for our own children. Children will gain tools to help them become successful in and out of the classroom. Developing social and emotional skills are critical to becoming everything that God has designed us to become. In addition, the program will help promote positive behavior, academic achievement, and enhance students' connection to school.

Program Description

Re-Set and Re-Charge is designed for children in grades kindergarten through fifth grade while *Quest* is designed for students in grades sixth - eighth. **Each program will consist of age-appropriate discussions and activities that center around: self-awareness, self-management, social awareness, decision making, and relationship skills.** At each grade level, children will be equipped with invaluable skills that help them navigate their way through school as well as their community. By engaging and developing these social-emotional skills, children will be set on a path to lifelong success!

Program Benefits

- Children have an opportunity to express themselves in a judgment-free zone (no wrong answers)
- Children have an opportunity to address trauma which can be any deeply distressing or disturbing experience such as the pandemic
- Children have an opportunity to be praised, acknowledged, & encouraged even if they are experiencing challenges in core subjects (Math, Reading, Science etc.)
- Children have an opportunity to process emotions/feelings and are provided with the tools to effectively manage them (self-awareness & self management component of program)
- Children have an opportunity to manage social challenges in order to focus on academics.