



## Strong Start - Grades K-2: A Social and Emotional Learning Curriculum (Strong Kids) (Strong Kids Curricula)

By Kenneth Merrell Ph.D., Danielle M. Parisi Damico Ph.D., Sara A. Whitcomb Ph.D.

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Social-emotional competence—it's a critical part of every child's school success, and just like any academic subject, children need instruction in it. Developed by a top expert, these proven curricula will help promote the social-emotional competence and resilience of children and adolescents.

Divided into four age levels from kindergarten through high school, these innovative social and emotional learning curricula are filled with engaging, thought-provoking class activities that help students develop vital skills they'll use for the rest of their lives: understanding emotions, managing anger, relieving stress, solving interpersonal problems, and much more. Each Strong Kids curriculum is

- **Easy for non-mental-health experts.** Each highly structured, partially scripted curriculum is ready for any professional to pick up and start using.
- **Evidence-based.** Field testing shows that these curricula generate positive responses from students and teachers and really help increase students' knowledge of healthy social-emotional behavior.
- **A great way to boost academic skills.** Lessons help improve critical literacy, listening skills, and memory skills while they promote social and emotional health.
- **Brief enough to fit into any program.** Lessons take just 30 to 45 minutes, and each curriculum is used for a maximum of 10-12 weeks.
- **Age-appropriate.** Choose from four curricula, each carefully tailored to the specific needs and experiences of its targeted age group.
- **Effective for all children in any setting.** Use Strong Kids with children across ability levels in settings like classrooms, group counseling sessions, and youth treatment facilities.
- **Low-cost and low-tech.** Strong Kids costs far less than similar programs and

requires few extra resources.

Lessons in each curriculum include optional, easily adaptable scripts, sample scenarios and examples, creative activities, and "booster" lessons that reinforce what students learned.

Every school and early intervention program will benefit from the lasting effect of these four curricula: strong, resilient students with fewer mental health and behavior problems and better academic outcomes.

Learn more about the *Strong Kids* series.

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