



Project Based Social-Emotional Learning (PBSEL)



Grade	Module	Name	CASEL Competencies	SEL Focus	STEM Focus
K	M0	Playful Penguins	Self-Awareness and Self-Management	Emotional Regulation	Design Thinking
1	M1	Superhero Metropolis		Growth Mindset	Architecture
2	M2	Animated Animals	Responsible Decision-Making	Problem Solving	Anatomy of Movement
3	M3	Mission to Mars		Brain Science	Space Exploration
4	M4	Time Travel Adventure	Social Awareness and Relationship Skills	Resilience	Simple Machines
5	M5	Machines Unite!		Collaboration	Advanced Machines

Imagineerz@School Social-Emotional Learning

Module 1: Growth Mindset ~ Superhero Metropolis

New Concepts

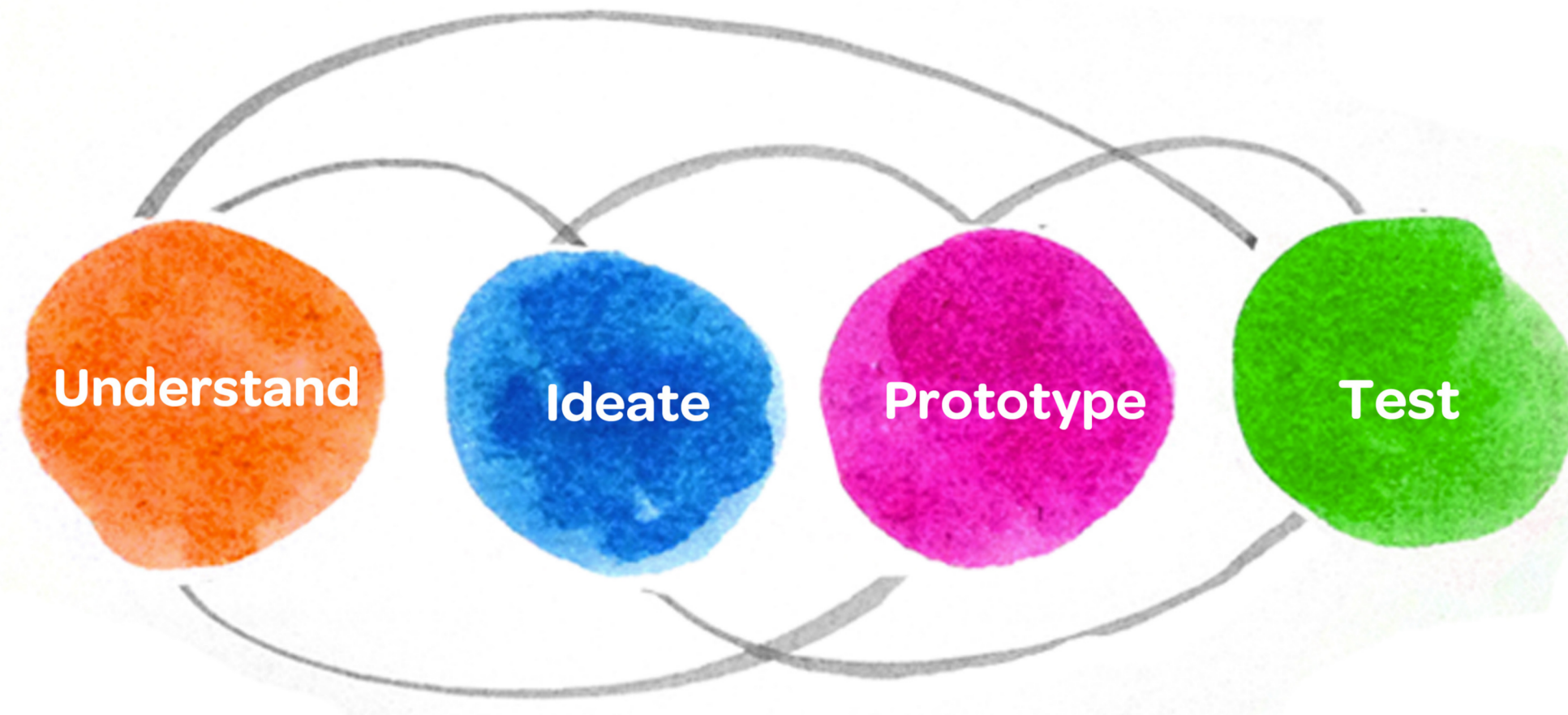
- **Design Thinking**
 - Understanding the Goal
 - Ideating
 - Prototyping Solutions
 - Testing and Iterating
- **Growth Mindset**
 - Goals, Obstacles (STOP Signs), and Responses
 - Identifying the Traffic Jam Path (Blaming, Complaining, and/or Giving Up)
 - Taking the i-Can! Path (Inhale-Calm Down-Adapt-Now Try)
- **i-Can! Strategies**
 - Positive Actions
 - Deep Breaths
 - Brahmari (Yoga Breathing Technique)



<p>Module</p> <p>Superhero Metropolis</p>	<p>SEL FOCUS</p> <p>Growth Mindset</p>	<p>STEM FOCUS</p> <p>Architecture</p>
<p>Lesson 1</p>	<p>Goals, Obstacles, and Responses</p>	<p>Design Thinking for Superheroes</p>
<p>Lessons 2-3</p>	<p>Using i-Can! to Overcome Obstacles: (Inhale-Calm Down-Adapt-Now Try)</p>	<p>Achieving Balance with Symmetry</p>
<p>Lessons 4-5</p>	<p>Identifying Calming Strategies</p>	<p>Maximizing Strength with Trusses</p>
<p>Lessons 6-7</p>	<p>Blaming, Complaining, and Giving Up</p>	<p>Maximizing Height with Wide Bases</p>
<p>Lessons 8-9</p>	<p>Taking Positive Action</p>	<p>Synthesizing Architectural Techniques</p>
<p>Lesson 10</p>	<p>Evaluating Your Growth Mindset</p>	<p>Review</p>

Imagineerz@School Social-Emotional Learning Module 1: Growth Mindset ~ Superhero Metropolis

The Imagineerz Design Thinking Process



Imagineerz@School Social-Emotional Learning

Module 2: Problem Solving ~ Animated Animals

Spiral Review

- Design Thinking
 - Understanding the Goal
 - Ideating
 - Prototyping Solutions
 - Testing and Iterating
- Growth Mindset
 - Goals, Obstacles (STOP Signs), and Responses
 - Identifying the Traffic Jam Path (Blaming, Complaining, and/or Giving Up)
 - Taking the i-Can! Path (Inhale-Calm Down-Adapt-Now Try)
- i-Can! Strategies
 - Positive Actions
 - Deep Breaths

New Concepts

- Problem Solving
 - Feeling Bored/Tired
 - Feeling Overwhelmed
 - Experiencing Failure
 - Feeling Helpless
- i-Can! Strategies
 - Push to Goal
 - Small Steps
 - Tweak and Try
 - Seek Input



Module
Animated Animals

SEL FOCUS
Problem Solving

STEM FOCUS
Anatomy of Movement

Lesson 1

**Using i-Can! to Overcome Obstacles:
(Inhale-Calm Down-Adapt-Now Try)**

Design Thinking for Animal Explorers

Lessons 2-3

Dealing with Boredom

Aquatic Animals & Spines

Lessons 4-5

Overcoming Overwhelm

Land Animals & Legs

Lessons 6-7

Getting Back Up After Failure

Birds & Arms/Wings

Lessons 8-9

Asking for Help

**Physical Adaptations Across
Environments**

Lesson 10

Review

Review

Imagineerz@School Social-Emotional Learning Module 2: Problem Solving ~ Animated Animals

i-Can! Strategies: Problem Solving



Imagineerz@School Social-Emotional Learning Module 3: Brain Science ~ Mission to Mars

Spiral Review

- Design Thinking
 - Understanding the Goal
 - Ideating
 - Prototyping Solutions
 - Testing and Iterating
- Growth Mindset
 - Goals, Obstacles (STOP Signs), and Responses
 - Identifying the Traffic Jam Path (Blaming, Complaining, and/or Giving Up)
 - Taking the i-Can! Path (Inhale-Calm Down-Adapt-Now Try)
- i-Can! Strategies
 - Positive Actions
 - Deep Breaths
 - Brahmari (Yoga Breathing Technique)

New Concepts

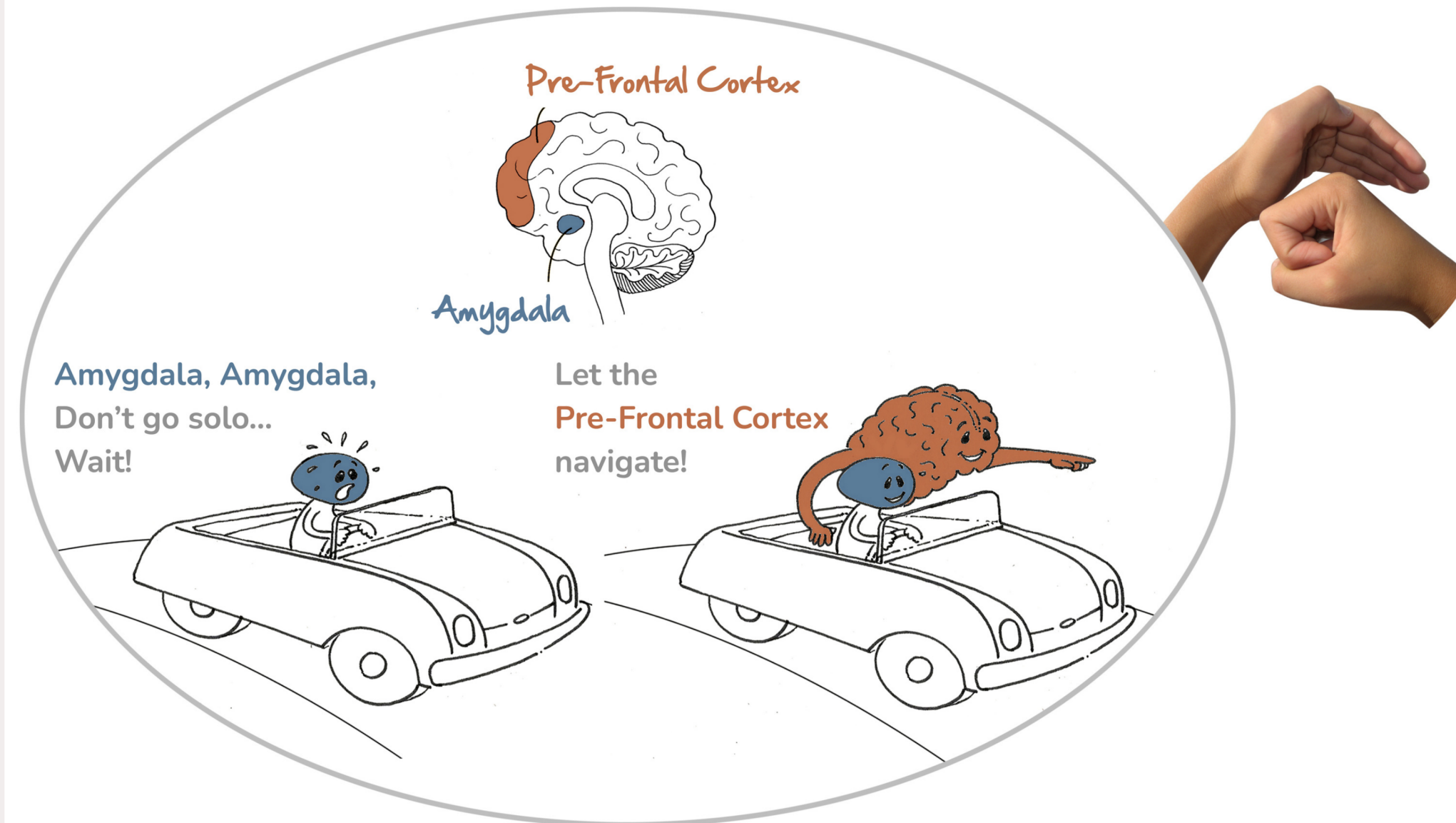
- Brain Science
 - Amygdala
 - Pre-Frontal Cortex
 - Fight or Flight Response
 - Overriding the Fight or Flight Response
- i-Can! Strategies
 - Anulom Vilom (Yoga Breathing Technique)
 - Amygdala Calming Actions (ACA)
 - Amygdala Calming Thoughts (ACT)



<p>Module</p> <p>Mission to Mars</p>	<p>SEL FOCUS</p> <p>Brain Science</p>	<p>STEM FOCUS</p> <p>Space Exploration</p>
<p>Lesson 1</p>	<p>Using i-Can! to Overcome Obstacles: (Inhale-Calm Down-Adapt-Now Try)</p>	<p>Design Thinking for NASA</p>
<p>Lessons 2-3</p>	<p>Brain Anatomy & Physiology</p>	<p>Launching a Rocket with Thrust & Gravity</p>
<p>Lessons 4-5</p>	<p>Identifying Your Amygdala Triggers</p>	<p>Breathing on Mars with Hermetic Seals</p>
<p>Lessons 6-7</p>	<p>Amygdala Calming Actions (ACA)</p>	<p>Landing on Mars with Air Resistance & Drag</p>
<p>Lessons 8-9</p>	<p>Amygdala Calming Thoughts (ACT)</p>	<p>Surviving Extreme Conditions on Mars</p>
<p>Lesson 10</p>	<p>Identifying Your Own ACA & ACT</p>	<p>Review</p>

Imagineerz@School Social-Emotional Learning Module 3: Brain Science ~ Mission to Mars

i-Can! Brain Science



Imagineerz@School Social-Emotional Learning Module 4: Resilience ~ Time Travel Adventure

Spiral Review

- Design Thinking
 - Understanding the Goal
 - Ideating
 - Prototyping Solutions
 - Testing and Iterating
- Growth Mindset
 - Goals, Obstacles (STOP Signs), and Responses
 - Identifying the Traffic Jam Path (Blaming, Complaining, and/or Giving Up)
 - Taking the i-Can! Path (Inhale-Calm Down-Adapt-Now Try)
- Brain Science
 - Amygdala
 - Pre-Frontal Cortex

New Concepts

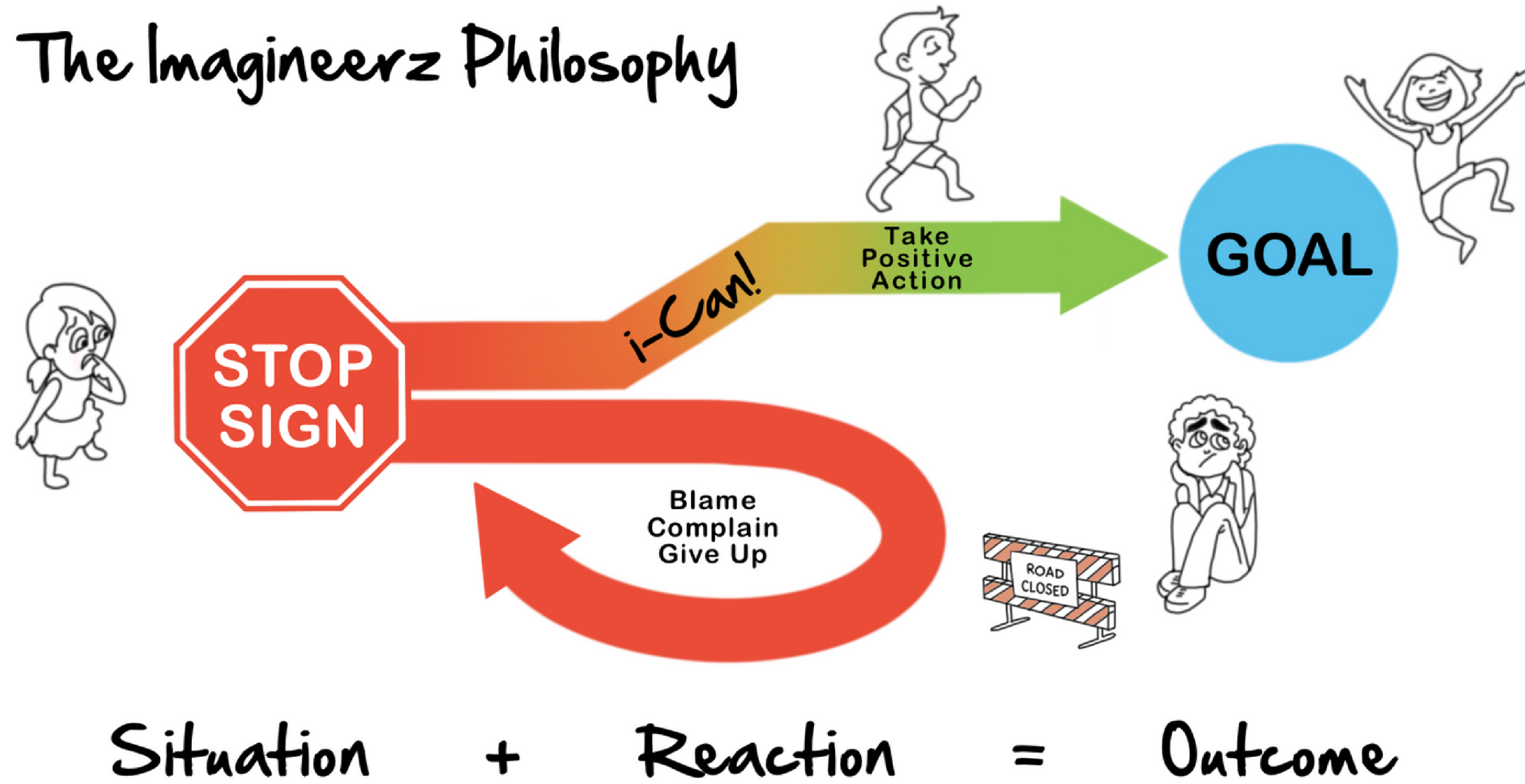
- Brain Science
 - Synapses
 - Neuroplasticity
- Resilience
 - Making Mistakes
 - Lacking Confidence
 - Experiencing Failure
- i-Can! Strategies
 - Whoops!
 - How?
 - Yet!



<p>Module</p> <p>Time Travel Adventure</p>	<p>SEL FOCUS</p> <p>Resilience</p>	<p>STEM FOCUS</p> <p>Simple Machines</p>
<p>Lesson 1</p>	<p>Using i-Can! to Overcome Obstacles: (Inhale-Calm Down-Adapt-Now Try)</p>	<p>Design Thinking for Inventors</p>
<p>Lessons 2-3</p>	<p>Nueroplasticity</p>	<p>Redirecting and Magnifying Force with Levers</p>
<p>Lessons 4-5</p>	<p>Learning from Mistakes</p>	<p>Changing Speed and Direction with Inclined Planes</p>
<p>Lessons 6-7</p>	<p>Overcoming Self-Doubt</p>	<p>Reducing a Wheel's Friction for Smooth Motion</p>
<p>Lessons 8-9</p>	<p>Perservering</p>	<p>Redirecting and Magnifying Force with Pulleys</p>
<p>Lesson 10</p>	<p>Review</p>	<p>Review</p>

Imagineerz@School Social-Emotional Learning Module 4: Resilience ~ Time Travel Adventure

The Imagineerz Philosophy



Imagineerz@School Social-Emotional Learning Module 5: Collaboration ~ Machines Unite!

Spiral Review

- Design Thinking
 - Understanding the Goal
 - Ideating
 - Prototyping Solutions
 - Testing and Iterating
- Growth Mindset
 - Goals, Obstacles (STOP Signs), and Responses
 - Identifying the Traffic Jam Path (Blaming, Complaining, and/or Giving Up)
 - Taking the i-Can! Path (Inhale-Calm Down-Adapt-Now Try)

New Concepts

- Group Norms
 - No Put Downs
 - Step-Up, Step-Down
- Collaboration
 - Disagreeing with Others
 - Blaming Others
 - Receiving Criticism
- i-Can! Strategies
 - Perspective
 - i-Power
 - Break the Circle
 - All-Win



**Module
Machines Unite!**

**SEL FOCUS
Collaboration**

**STEM FOCUS
Advanced Machines**

Lesson 1

**Using i-Can! to Overcome Obstacles:
(Inhale-Calm Down-Adapt-Now Try)**

Harnessing Simple Machines

Lessons 2-3

Taking Different Perspectives

**Improving Wheel Efficiency
with Friction & Traction**

Lessons 4-5

What Can I Do Differently?

**Redirecting and Magnifying Force
with Pulleys**

Lessons 6-7

From Blaming to Problem Solving

**Transferring Rotational Energy
with Gears**

Lessons 8-9

Reaching Consensus

**Redirecting and Magnifying More
Force with Block and Tackle Pulleys**

Lesson 10

Review

**Combing Simple Machines into
Rube Goldberg Machines**

Imagineerz@School Social-Emotional Learning Module 5: Collaboration ~ Machines Unite!

i-Can! Strategies: Collaboration

STOP Signs

Positive Actions



To Learn More:

Visit ~ imagineerz-learning.com

Email ~ info@imagineerz-learning.com

Schedule a Meeting Today

