

# Contents

*Acknowledgments* ix

Introduction and Program Overview 1

The Five Domains of Social and Emotional Learning 3

Gamification of Learning 8

The Power Up Program 9

Curriculum and Lessons 10

Implementations of Power Up 11

Before You Set Up the Program 14

During the Program 15

Further Thoughts 17

Introductory Lessons

Lesson 1: Icebreaker 23

Lesson 2: Getting to Know Me 35

Lesson 3: Getting to Know You 41

Self-Awareness

Lesson 4: The Power Up Board and Building a Feelings Vocabulary 51

Lesson 5: Rewind Mode: Building a Feelings Vocabulary 67

Lesson 6: Fast-Forward Mode: Building a Feelings Vocabulary 79

Lesson 7: Triggers, Feelings, Thoughts, and Behaviors 91

Lesson 8: Resiliency 107

Self-Management

Lesson 9: Pause, Think, Play 119

Lesson 10: Slowing Down Strategies 129

Lesson 11: Slowing Down Strategies, Continued 141

Lesson 12: Energizing Strategies 153

Lesson 13: Goal Setting and Time Management 169

## Social Awareness

- Lesson 14: My Pillars 181
- Lesson 15: Building Empathy 189
- Lesson 16: Building Empathy, Continued 199
- Lesson 17: Working in a Group 209
- Lesson 18: Respectfully Disagreeing 223

## Relationship Skills

- Lesson 19: Friendships 233
- Lesson 20: Communicating Our Wants and Needs 239
- Lesson 21: Building Social Skills Using the CREATE Acronym, Part 1 247
- Lesson 22: Building Social Skills Using the CREATE Acronym, Part 2 257
- Lesson 23: The Interview 267

## Responsible Decision-Making

- Lesson 24: The Brain 275
- Lesson 25: MAGIC, Part 1 283
- Lesson 26: MAGIC, Part 2 289
- Lesson 27: Understanding Rules 299
- Lesson 28: Rules for My Small Country 305

## Capstone Project

- Lesson 29: Becoming the Teacher 311
- Lesson 30: Presenting My Skill 319

## Appendix A: Support Materials 323

## Appendix B: Power Up for Small Groups 329

- Implementing the Small Group Format 329
- Using the Power Up Game Board and Icons 330
- Support Materials 332
- Small Group Lesson 1: Introduction 332

## Appendix C: Small Group Power Up Game Boards 339

## Appendix D: Power Up Support Materials for Small Groups 347

- Small Group Lessons Summary 347
- Parent Permission Slip 351

Appendix E: Power Up Lessons for the Virtual Classroom 353

*References* 397

*About the Author* 411