

School-Based Program and Curriculum

# Resilience-Building and Empowerment Curricula for Elementary and Middle School Students

## OUR GOAL

To teach children strategies to build resilience and overcome toxic stress that can impact learning, behavior and long-term health.

## ABOUT THE PROGRAM

Our Heroes Circle School Program offers two unique resilience-building and empowerment curricula designed to equip students with the tools to self-regulate when they encounter academic stress, social pressures, or adversity at home.

During each lesson, students are given the opportunity to practice martial arts breathing, express their feelings, share ideas and thoughts, listen to others, and engage in dialogue about pertinent issues they are facing. Knowing that they have been heard and validated can help students move through the school day with a sense of calm, clarity of mind, and a refocused attention on learning. The entire program is also beneficial for teachers and other school staff, and helps foster a safe and harmonious school environment for all.

## WE ARE EVIDENCE-BASED AND ALIGNED TO EDUCATIONAL STANDARDS:

A 2020 Longitudinal Study conducted in partnership with Wayne State University concluded that 85% of children reported using the program's techniques two months after they last received instruction. Additionally, children who participated in the Heroes Circle School Program demonstrated increased mindfulness resulting in considerable reductions in stress, emotional and behavioral problems.

### Lessons are aligned with CASEL Competencies:

Self-Awareness  
Social Awareness

Self-Management  
Relationship Skills

Responsible Decision Making

### Lessons meet and surpass the following standards with additional value and quality:

Michigan Standards for Health and Physical Education

National English Language Arts standards, specifically Speaking, Writing and Listening

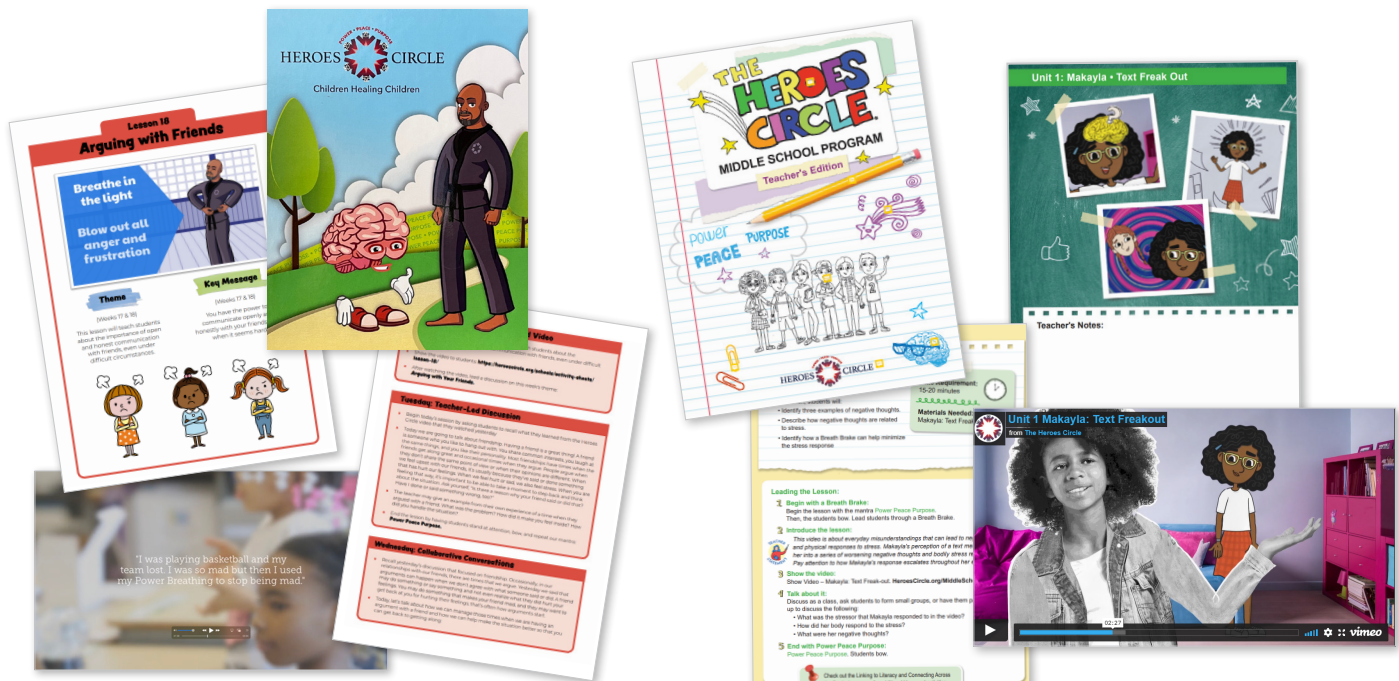


## WHY WE ARE DIFFERENT FROM OTHER RESILIENCE-BUILDING AND EMPOWERMENT PROGRAMS

- ★ We Grow with the Kids
- ★ Our Materials Are Child-Centric
- ★ Flexibility for Teachers
- ★ 360-Degree Approach
- ★ We Encourage Peer-to-Peer Exchanges
- ★ Training and Development
- ★ Children Are Teachers
- ★ Service-Learning Project
- ★ Martial Arts Mindset
- ★ We Offer In-Person and Virtual Lesson Plan Instruction

## SAMPLE MATERIALS

Lessons and their corresponding resources are developmentally appropriate across two grade bands: 3-5 and 6-8.



To learn more, visit [HeroesCircle.org](https://HeroesCircle.org).

