



CAPTAINS & POETS

# Primary Program

## Activity Summaries



Captains & Poets Curriculum  
For ages 5-12

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# Core Activities

Summaries

## Core Activity 1: We Are All the Same Because We Are All Different

### Overview

This activity is designed to prepare students for the unit by exploring what makes them similar and different from their peers. The main focus is on recognizing each person's unique preferences.

### Learning Outcomes

- Recognize that we all have different likes, dislikes, preferences and experiences.
- Appreciate that what makes us all the same is that we are all unique.

### SEL Competencies

- ✓ SA1 Integrating personal & social identities
- ✓ SoA6 Identifying diverse social norms, including unjust ones
- ✓ SoA2 Recognizing strengths in others

## Core Activity 2: Creating Brave Spaces

### Overview

This activity is designed to foster a classroom environment that supports brave spaces where every member of the class feels empowered and supported to share and be vulnerable. The main focus is on establishing mutually agreed upon guidelines or agreements along with strategies for the Teacher and students to apply throughout the unit in order to promote courageous conversations around identity.

### Learning Outcomes

- Explore what it takes to create brave spaces from a personal and collective perspective.
- Generate strategies for fostering a brave space in the classroom.

### SEL Competencies

- ✓ SA3 Identifying one's emotions
- ✓ SA4 Demonstrating honesty and integrity
- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SM1 Managing one's emotions
- ✓ SM3 Exhibiting self-discipline and self-motivation
- ✓ SM4 Setting personal and collective goals
- ✓ SM5 Using planning and organizational skills
- ✓ SM6 Showing the courage to take initiative
- ✓ SM7 Demonstrating personal and collective agency
- ✓ SoA1 Taking others' perspectives
- ✓ SoA3 Demonstrating empathy and compassion

- ✓ SoA4 Showing concern for the feelings of others
- ✓ SoA7 Recognizing situational demands and opportunities
- ✓ RS1 Communicating effectively
- ✓ RS2 Developing positive relationships
- ✓ RS4 Practicing teamwork and collaborative problem-solving
- ✓ RS7 Showing leadership in groups
- ✓ RS9 Standing up for the rights of others
- ✓ RDM2 Identifying solutions for personal and social problems
- ✓ RDM4 Anticipating and evaluating the consequences of one's actions
- ✓ RDM6 Reflecting on one's role to promote personal, family, and community well-being

### Core Activity 3: Meet the Captain and the Poet



#### Overview

This activity is designed to introduce the Captain and Poet archetypes using a multimedia format. The main focus is on creating a starting point for recognizing and internalizing the archetypes.

#### Learning Outcomes

- Develop a basic understanding of the Captain and Poet archetypes.
- Recognize that there is a Captain and Poet inside everyone.

#### SEL Competencies

- ✓ SA2 Identifying personal, cultural, and linguistic assets

### Core Activity 4: My Treasure Chest

#### Overview

This activity is designed to help students connect with what is important to them. The main focus is on deepening the connection to the inner Poet and understanding how the Captain helps the Poet share who they are with the world.

#### Learning Outcomes

- Identify three or more things that are important to their Poet.
- Articulate how the Captain helps them explore these things.

#### SEL Competencies

- ✓ SA1 Integrating personal and social identities
- ✓ SA2 Identifying personal, cultural, and linguistic assets
- ✓ SA5 Linking feelings, values, and thoughts

- ✓ SA7 Experiencing self-efficacy
- ✓ SM5 Using planning and organizational skills
- ✓ SoA7 Recognizing situational demands and opportunities
- ✓ RS1 Communicating effectively
- ✓ RS2 Developing positive relationships

## Core Activity 5: Captain and Poet Dance Party



### Overview

This activity is designed to help students connect and relate to their Captain and their Poet through music. The main focus is on the physical and emotional experience associated with each archetype.

### Learning Outcomes

- Identify the presence of the Captain and Poet in a piece of music.
- Identify emotions and bodily experience associated with the Captain and Poet.

### SEL Competencies

- ✓ SA3 Identifying one's emotions
- ✓ SA5 Linking feelings, values, and thoughts

## Core Activity 6: Better Together



### Overview

This activity is designed to provide an opportunity to enact both the Captain and Poet in problem-solving scenarios. The main focus is on the value of accessing both parts of themselves.

### Learning Outcomes

- Demonstrate their awareness of the Captain and the Poet in a scenario.
- Identify the positive impact of their Captain and Poet working together.

### SEL Competencies

- ✓ SA2 Identifying personal, cultural, and linguistic assets
- ✓ SA8 Having a growth mindset
- ✓ SM2 Identifying and using stress-management strategies
- ✓ SM7 Demonstrating personal and collective agency
- ✓ SoA7 Recognizing situational demands and opportunities
- ✓ RDM2 Identifying solutions for personal and social problems
- ✓ RDM4 Anticipating and evaluating the consequences of one's actions



## Core Activity 7: The Captain and Poet in Me!

### Overview

This activity is designed to encourage self-exploration around the Captain and Poet archetypes. The main focus is on identifying the key characteristics that make up their unique identity.

### Learning Outcomes

- Identify Captain and Poet traits in themselves.
- Articulate how the Captain and the Poet show up inside of them.

### SEL Competencies

- ✓ SA1 Integrating personal and social identities
- ✓ SA2 Identifying personal, cultural, and linguistic assets
- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SA7 Experiencing self-efficacy
- ✓ SoA7 Recognizing situational demands and opportunities

## Core Activity 8: The Captain and Poet in My Body

### Overview

This activity is designed to help students connect to the Captain and Poet kinaesthetically. The main focus is on becoming aware of how they naturally embody both archetypes.

### Learning Outcomes

- Connect the expression of the Captain and Poet to different bodily movements.
- Explain how the Captain and the Poet move differently.

### SEL Competencies

- ✓ SA1 Integrating personal and social identities
- ✓ SA2 Identifying personal, cultural, and linguistic assets
- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SA7 Experiencing self-efficacy
- ✓ SoA7 Recognizing situational demands and opportunities

## Core Activity 9: How My Captain and Poet Experience the World

### Overview

This activity is designed to build students' self-awareness of how they experience the world around them. The main focus is on recognizing how their Captain and Poet show up as they interact with the world around them.

### Learning Outcomes

- Explain how certain experiences make them feel.
- Recognize how the Captain and the Poet contribute to their experience of things.

### SEL Competencies

- ✓ SA1 Integrating personal and social identities
- ✓ SA2 Identifying personal, cultural, and linguistic assets
- ✓ SA3 Identifying one's emotions
- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SA7 Experiencing self-efficacy
- ✓ SM7 Demonstrating personal and collective agency
- ✓ SoA2 Recognizing strengths in others
- ✓ SoA7 Recognizing situational demands and opportunities
- ✓ RS4 Practicing teamwork and collaborative problem-solving
- ✓ RDM2 Identifying solutions for personal and social problems

## Core Activity 10: What My Captain and Poet Love to Do

### Overview

This activity is designed to help students become self-aware about how they navigate the world. The main focus is understanding how the Captain and the Poet help them explore the things they enjoy.

### Learning Outcomes

- Identify an activity that is of importance to them and/or they are good at.
- Explain how their Captain and Poet show up in this activity to enable them to be their best selves.

### SEL Competencies

- ✓ SA1 Integrating personal and social identities
- ✓ SA2 Identifying personal, cultural, and linguistic assets
- ✓ SA5 Linking feelings, values, and thoughts

- ✓ SA7 Experiencing self-efficacy
- ✓ SoA7 Recognizing situational demands and opportunities

## Core Activity 11: Captain and Poet Explorers

### Overview

This activity is designed to help students recognize how the Captain and Poet explore the world together. The main focus is on identifying their unique contributions and how they make our experiences what they are.

### Learning Outcomes

- Explain how the Captain and Poet both help them explore the world.
- Develop strategies for exploring things that are important to them.

### SEL Competencies

- ✓ SA1 Integrating personal and social identities
- ✓ SA2 Identifying personal, cultural, and linguistic assets
- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SA7 Experiencing self-efficacy
- ✓ SoA7 Recognizing situational demands and opportunities

## Core Activity 12: Expressing Your Captain and Poet in Art

### Overview

This activity is designed to foster exploration and identification with the Captain and Poet using visual expression. The main focus is on the uniqueness of each person's expression and the acknowledgement of similarities and differences across interpretations.

### Learning Outcomes

- Form personal interpretation of the Captain and Poet.
- Acknowledge diverse expressions of the Captain and Poet.

### SEL Outcomes

- ✓ SA1 Integrating personal and social identities
- ✓ SA2 Identifying personal, cultural, and linguistic assets
- ✓ RS1 Communicating effectively

## Core Activity 13: Captain and Poet Puppets!

### Overview

This activity is designed to help students express their Captain and Poet through puppets. The main focus is on appreciating how they help each other.

### Learning Outcomes

- Create relatable Captain and Poet characters.
- Express the different traits and voices of the Captain and Poet using puppets.

### SEL Competencies

- ✓ SA1 Integrating personal and social identities
- ✓ SA2 Identifying personal, cultural, and linguistic assets
- ✓ SA3 Identifying one's emotions
- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SA7 Experiencing self-efficacy
- ✓ SM1 Managing one's emotions
- ✓ SM2 Identifying and using stress-management strategies
- ✓ SoA1 Taking others' perspectives
- ✓ SoA7 Recognizing situational demands and opportunities
- ✓ RS1 Communicating effectively
- ✓ RS2 Developing positive relationships
- ✓ RS5 Resolving conflicts constructively
- ✓ RS8 Seeking or offering support and help when needed

## Core Activity 14: My Captain and Poet Friends

### Overview

This activity is designed to highlight the presence of the Captain and Poet in friendship. The main focus is on appreciating how they each enhance interpersonal relationships.

### Learning Outcomes

- Recognize the Captain and Poet characteristics in friends.
- Identify which aspects of Captain and Poet they appreciate the most in interpersonal relationships.

### SEL Competencies

- ✓ SA3 Identifying one's emotions
- ✓ SoA1 Taking others' perspectives

- ✓ SoA2 Recognizing strengths in others
- ✓ SoA5 Understanding and expressing gratitude
- ✓ RS2 Developing positive relationships
- ✓ RS8 Seeking or offering support and help when needed
- ✓ RDM2 Identifying solutions for personal and social problems
- ✓ RDM4 Anticipating and evaluating the consequences of one's actions
- ✓ RDM6 Reflecting on one's role to promote personal, family, and community well-being
- ✓ RDM7 Evaluating personal, interpersonal, community, and institutional impacts

## Core Activity 15: Captains and Poets in the Classroom

### Overview

This activity is designed to help students recognize the Captain and Poet in their peers. The main focus is on identifying qualities that exist in others and in themselves.

### Learning Outcomes

- Recognize the Captain and Poet in others.
- Become aware of which aspects of Captain and Poet others see in them.

### SEL Competencies

- ✓ SA1 Integrating personal & social identities
- ✓ SA6 Examining prejudices and biases
- ✓ SoA2 Recognizing strengths in others
- ✓ RS1 Communicating effectively

## Core Activity 16: Captains and Poets are Everywhere

### Overview

This activity is designed to ground the Captain and Poet archetypes as recognizable characters or personas in the everyday. The main focus is on exploring how they show up across different types of people and contexts.

### Learning Outcomes

- Generate examples of each archetype in different areas of their life.
- Recognize that Captains and Poets are everywhere around us.

### SEL Competencies

- ✓ SoA2 Recognizing strengths in others
- ✓ SoA6 Identifying diverse social norms, including unjust ones
- ✓ SoA7 Recognizing situational demands and opportunities
- ✓ SoA8 Understanding the influences of organizations/systems on behavior

- ✓ RDM7 Evaluating personal, interpersonal, community, and institutional impacts

## Core Activity 17: The Masks We Wear

### Overview

This activity is designed to increase awareness around how students start to hide parts of themselves as they get older. The main focus is on recognizing when they are doing it and the impact it is having on them.

### Learning Outcomes

- Recognize that we all put on masks in different situations.
- Explain why we wear masks and how it affects us.

### SEL Competencies

- ✓ SA1 Integrating personal & social identities
- ✓ SA3 Identifying one's emotions
- ✓ SA4 Demonstrating honesty and integrity
- ✓ SA8 Having a growth mindset
- ✓ SoA1 Taking others' perspectives
- ✓ SoA3 Demonstrating empathy and compassion
- ✓ SoA4 Showing concern for the feelings of others
- ✓ SoA6 Identifying diverse social norms, including unjust ones
- ✓ SoA7 Recognizing situational demands and opportunities
- ✓ RS3 Demonstrating cultural competency
- ✓ RS7 Showing leadership in groups
- ✓ RDM2 Identifying solutions for personal and social problems
- ✓ RDM4 Anticipating and evaluating the consequences of one's actions
- ✓ RDM6 Reflecting on one's role to promote personal, family, and community well-being

## Core Activity 18: Being MY Best Captain and Poet

### Overview

This activity is designed to expand students' self-awareness and identify areas for growth and development. The main focus is on taking steps to embrace their inner Captain and Poet more fully.

### Learning Outcomes

- Explain how they would like to be more of a Captain and/or a Poet.
- Choose one thing they will do differently going forward.

### SEL Competencies

- ✓ SA4 Demonstrating honesty and integrity
- ✓ SA8 Having a growth mindset
- ✓ SA9 Developing interests and a sense of purpose
- ✓ SM3 Exhibiting self-discipline and self-motivation
- ✓ SM4 Setting personal and collective goals
- ✓ SM6 Showing the courage to take initiative
- ✓ SM7 Demonstrating personal and collective agency
- ✓ RDM6 Reflecting on one's roles to promote personal, family, and community well-being
- ✓ RDM7 Evaluating personal, interpersonal, community, and institutional impacts

## Core Activity 19: Declaring My Captain and Poet

### Overview

This activity is designed to help students define their inner Captain and Poet. The main focus is on articulating their uniqueness in how the Captain and Poet make them who they are.

### Learning Outcomes

- Define the Captain and Poet on a personal level.
- Articulate how the Captain and Poet work together to make them who they are.

### SEL Competencies

- ✓ SA1 Integrating personal & social identities
- ✓ RS1 Communicating effectively
- ✓ RS7 Showing leadership in groups

## Core Activity 20: My Captain and Poet Self-Portrait

### Overview

This activity is designed as a culminating activity to solidify what has been learned. The main focus is on creating an authentic and personal interpretation of the Captain and Poet that can be used to remind them of who they are when they are at their best.

### Learning Outcomes

- Represent the traits of the Captain and Poet that they identify with personally in a visual format.
- Recognize how the Captain and Poet are at once the same and different in others.

### SEL Competencies

- ✓ SA1 Integrating personal & social identities

- ✓ RS1 Communicating effectively

## Core Activity 21: My Captain and Poet Emoji

### Overview

This activity is designed to help students solidify an authentic interpretation of the Captain and Poet. The main focus is on explaining how they help them be their best self.

### Learning Outcomes

- Represent the traits of the Captain and Poet that they identify with most in a visual format.
- Recognize how the Captain and Poet are at once the same and different in others.

### SEL Competencies

- ✓ SA1 Integrating personal & social identities
- ✓ RS1 Communicating effectively





# Extension Activities

Summaries

## Literacy & Multi-Media

### Extension Activity: Captains and Poets in Story Books and Novels

#### Overview

This activity is designed to help students recognize the Captain and Poet in different texts. The main focus is on identifying how both sets of attributes contribute to the journey and evolution of that character.

#### Learning Outcomes

- Identify the Captain and Poet in different characters.
- Articulate how the Captain and Poet help the character.

#### SEL Competencies

- ✓ SoA1 Taking others' perspectives
- ✓ SoA2 Recognizing strengths in others
- ✓ SoA3 Demonstrating empathy and compassion
- ✓ SoA7 Recognizing situational demands and opportunities
- ✓ RDM2 Identifying solutions for personal and social problems
- ✓ RDM4 Anticipating and evaluating the consequences of one's actions
- ✓ RDM6 Reflecting on one's roles to promote personal, family, and community well-being

### Extension Activity: Captains and Poets in TV Shows and Movies

#### Overview

This activity is designed to help students recognize the Captain and Poet in TV and movie characters. The main focus is on identifying how both sets of attributes contribute to the journey and evolution of that character.

#### Learning Outcomes

- Identify the Captain and Poet in different characters.
- Articulate how the Captain and Poet help the character(s).

#### SEL Competencies

- ✓ SoA1 Taking others' perspectives
- ✓ SoA2 Recognizing strengths in others
- ✓ SoA3 Demonstrating empathy and compassion
- ✓ SoA6 Identifying diverse social norms, including unjust ones
- ✓ SoA7 Recognizing situational demands and opportunities
- ✓ SoA8 Understanding the influences of organizations/systems on behavior

- ✓ RDM2 Identifying solutions for personal and social problems

## Extension Activity: Expressing Your Captain and Poet Through Story

### Overview

This activity is designed to foster personal exploration and identification with the Captain and Poet using story. The main focus is on the uniqueness of each person's expression and the acknowledgement of similarities and differences across interpretations.

### Learning Outcomes

- Create a story revolving around the Captain and Poet.
- Acknowledge diverse expressions of the Captain and Poet.

### SEL Competencies

- ✓ SA1 Integrating personal & social identities
- ✓ SA5 Linking feelings, values, and thoughts
- ✓ RS1 Communicating effectively

# Character Education

## Extension Activity: School/Board Character Education Module

### Overview

This activity is designed to encourage students to reflect on the values that are promoted in their school or board's values and character education program. The main focus is on identifying and how they can be demonstrated in day-to-day school life.

### Learning Outcomes

- Identify how the designated character traits show up in everyday life.
- Explain how the Captain and Poet can help them develop these traits.

### SEL Competencies

- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SA8 Having a growth mindset
- ✓ SM7 Demonstrating personal and collective agency
- ✓ RS3 Demonstrating cultural competency

## Superpowers

### Extension Activity: The Superpower of Kindness

#### Overview

This activity is designed to illuminate the importance of kindness. The main focus is on how powerful the impact of kindness is on ourselves and others.

#### Learning Outcomes

- Describe how kindness makes people feel.
- Explain how the Captain and Poet work together to help us be kind.

#### SEL Competencies

- ✓ SA3 Identifying one's emotions
- ✓ SoA1 Taking others' perspectives
- ✓ SoA3 Demonstrating empathy & compassion
- ✓ SoA4 Showing concern for others' feelings
- ✓ RS1 Communicating effectively
- ✓ RS2 Developing positive relationships
- ✓ RS8 Seeking or offering support and help when needed

### Extension Activity: The Superpower of Empathy

#### Overview

This activity is designed to illuminate the power of empathy in building human connection. The main focus is on how powerful the impact of empathy is on ourselves and others.

#### Learning Outcomes

- Understand empathy and how it connects us with others.
- Explain how the Poet helps us be more empathetic.

#### SEL Competencies

- ✓ SA3 Identifying one's emotions
- ✓ SoA1 Taking others' perspectives
- ✓ SoA3 Demonstrating empathy & compassion
- ✓ SoA4 Showing concern for others' feelings
- ✓ RS1 Communicating effectively
- ✓ RS2 Developing positive relationships

- ✓ RS8 Seeking or offering support and help when needed

### Extension Activity: The Superpower of Compassion

#### Overview

This activity is designed to illuminate the importance of compassion. The main focus is on the empowering effect of compassion when it is directed towards the self and others.

#### Learning Outcomes

- Define compassion and explain its importance.
- Explain how the Captain and Poet work together to help us be compassionate.

#### SEL Competencies

- ✓ SA3 Identifying one's emotions
- ✓ SM1 Managing one's emotions
- ✓ SM6 Showing the courage to take initiative
- ✓ SM7 Demonstrating personal and collective agency
- ✓ SoA1 Taking others' perspectives
- ✓ SoA2 Demonstrating empathy & compassion
- ✓ RS1 Communicating effectively
- ✓ RS2 Developing positive relationships
- ✓ RS7 Showing leadership in groups
- ✓ RS8 Seeking or offering support and help when needed
- ✓ RS9 Standing up for the rights of others
- ✓ RDM2 Identifying solutions for personal and social problems
- ✓ RDM4 Anticipating and evaluating the consequences of one's actions
- ✓ RDM6 Reflecting on one's role to promote personal, family, and community well-being

### Extension Activity: The Superpower of Resilience

#### Overview

This activity is designed to introduce students to the concept of resilience. The main focus is on how being resilient enables us to live our best lives.

#### Learning Outcomes

- Understand the concept of resilience and explain its importance.
- Articulate how the Captain and Poet work together to help us be more resilient.

#### SEL Competencies

- ✓ SA3 Identifying one's emotions

- ✓ SA7 Experiencing self-efficacy
- ✓ SA8 Having a growth mindset
- ✓ SM1 Managing one's emotions
- ✓ SM2 Identifying and using stress-management strategies
- ✓ SM3 Exhibiting self-discipline and self-motivation
- ✓ RDM2 Identifying solutions for personal and social problems
- ✓ RDM6 Reflecting on one's role to promote personal, family, and community well-being

## Extension Activity: The Superpower of Curiosity

### Overview

This activity is designed to explore the power of curiosity in our everyday lives. The main focus is on how their curiosity fuels their unique experience of things.

### Learning Outcomes

- Identify how curiosity enhances our connection with the world around us.
- Explain how the Captain and Poet work together to help us be more curious.

### SEL Competencies

- ✓ SA3 Identifying one's emotions
- ✓ SA9 Developing interests and a sense of purpose
- ✓ SM3 Exhibiting self-discipline and self-motivation
- ✓ RDM1 Demonstrating curiosity and open-mindedness

## Extension Activity: The Superpower of Courage

### Overview

This activity is designed to reveal how courage shows up in students' daily lives. The main focus is on mapping out the roles the Captain and Poet play in enabling us to be courageous.

### Learning Outcomes

- Explore different aspects and expressions of courage.
- Explain how the Captain and Poet work together to help us be more courageous.

### SEL Competencies

- ✓ SA2 Identifying personal, cultural, and linguistic assets
- ✓ SA3 Identifying one's emotions
- ✓ SA4 Demonstrating honesty and integrity
- ✓ SA7 Experiencing self-efficacy
- ✓ SM1 Managing one's emotions
- ✓ SM3 Exhibiting self-discipline and self-motivation

- ✓ SM5 Showing courage to take initiative
- ✓ RDM2 Identifying solutions for personal and social problems
- ✓ RDM4 Anticipating and evaluating the consequences of one's actions
- ✓ RDM6 Reflecting on one's role to promote personal, family, and community well-being



## Self-Awareness

### Extension Activity: Emotions as Messengers

#### Overview

This activity is designed to encourage students to explore the role of emotions. The main focus is on exploring how emotions influence them in day-to-day life

#### Learning Outcomes

- Explore how emotions can send signals to them.
- Explain how the Captain and Poet can help them understand what their emotions are trying to tell them.

#### SEL Competencies

- ✓ SA3 Identifying one's emotions
- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SA7 Experiencing self-efficacy
- ✓ SM1 Managing one's emotions
- ✓ SM7 Demonstrating personal and collective agency

### Extension Activity: Cracking Our Emotions

#### Overview

This activity is designed to explore how emotions can send us important messages. The main focus is on how to use the Captain and Poet to respond to emotions.

#### Learning Outcomes

- Explore a range of emotions using different scenarios.
- Experience working through one or more emotions to resolution.

#### SEL Competencies

- ✓ SA1 Integrating personal and social identities
- ✓ SA3 Identifying one's emotions
- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SA7 Experiencing self-efficacy
- ✓ SM1 Managing one's emotions
- ✓ SoA4 Showing concern for the feelings of others

## Extension Activity: Mindful Listening

### Overview

This activity is designed to introduce mindfulness by listening to a variety of sounds. The main focus is on using intention to focus our attention.

### Learning Outcomes

- Learn to practice focused attention using sound in different contexts
- Observe the effects of mindful listening on them sensorily and emotionally.

### SEL Competencies

- ✓ SA3 Identifying one's emotions
- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SA7 Experiencing self-efficacy
- ✓ SM1 Managing one's emotions
- ✓ SM2 Identifying and using stress-management strategies
- ✓ RDM2 Identifying solutions for personal and social problems

## Extension Activity: Mindful Breathing

### Overview

This activity is designed to introduce students to a basic practice of mindful breathing. The main focus will be on applying these techniques in various contexts to support greater emotional awareness and regulation.

### Learning Outcomes

- Learn to practice mindful breathing in different contexts.
- Observe the effects of mindful listening on them sensorily and emotionally.

### SEL Competencies

- ✓ SA3 Identifying one's emotions
- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SA7 Experiencing self-efficacy
- ✓ SM1 Managing one's emotions
- ✓ SM2 Identifying and using stress-management strategies
- ✓ RDM2 Identifying solutions for personal and social problems

## Extension Activity: Mindful Movement

### Overview

This activity is designed to explore how different yoga poses feel. The main focus is on becoming aware of the shifts they create in the body.

### Learning Outcomes

- Recognize how holding different poses makes them feel.
- Connect the expression of the Captain and Poet to yoga poses.

### SEL Competencies

- ✓ SA3 Identifying one's emotions
- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SA7 Experiencing self-efficacy
- ✓ SM1 Managing one's emotions
- ✓ SM2 Identifying and using stress-management strategies
- ✓ RDM2 Identifying solutions for personal and social problems

## Identity, Inclusion & Belonging

### Extension Activity: Everyone Has a Story

#### Overview

This activity is designed to illuminate the lived experience of students. The main focus is on gaining an appreciation for individual experiences and how the Captain and Poet show up across life stories.

#### Learning Outcomes

- Appreciate the stories of others and identify similarities and differences across experiences.
- Recognize how the Captain and Poet show up in other students' lives.

#### SEL Competencies

- ✓ SA1 Integrating personal and social identities
- ✓ SA2 Identifying personal, cultural, and linguistic assets
- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SoA1 Taking others' perspectives
- ✓ SoA2 Recognizing strengths in others
- ✓ SoA3 Demonstrating empathy and compassion
- ✓ SoA6 Identifying diverse social norms, including unjust ones
- ✓ RS1 Communicating effectively

### Extension Activity: Identity Quilt

#### Overview

This activity is designed to engage students in creating a visual representation of the diverse identities in the classroom. The main focus is on the effect that is created by bringing our individual identities altogether.

#### Learning Outcomes

- Identify and contribute key aspects of their authentic self to a collaborative creation.
- Recognize how their contribution and that of others makes up the value of the collective quilt.

#### SEL Competencies

- ✓ SA1 Integrating personal and social identities
- ✓ SA2 Identifying personal, cultural, and linguistic assets
- ✓ SoA1 Taking others' perspectives

- ✓ SoA6 Identifying diverse social norms, including unjust ones
- ✓ RS3 Demonstrating cultural competency

### Extension Activity: What is Identity?

#### Overview

This activity is designed to introduce the concept of identity. The main focus is on identifying the different aspects of identity that inform who we are.

#### Learning Outcomes

- Explain what identity is.
- Identify one or more main aspects of their identity.

#### SEL Competencies

- ✓ SA1 Integrating personal and social identities
- ✓ SA2 Identifying personal, cultural, and linguistic assets
- ✓ SA6 Examining prejudices and biases
- ✓ RS3 Demonstrating cultural competency

### Extension Activity: Identity Treasure Chest

#### Overview

This activity is designed to explore the concept of identity. The main focus is on recognizing that there are parts of them that aren't always obvious to others.

#### Learning Outcomes

- Recognize that there are aspects of identity that are not obvious by looking at someone.
- Acknowledge that identity is multi-faceted and different in everyone.

#### SEL Competencies

- ✓ SA1 Integrating personal and social identities
- ✓ SA2 Identifying personal, cultural, and linguistic assets
- ✓ SA6 Examining prejudices and biases
- ✓ SoA1 Taking others' perspectives
- ✓ SoA6 Identifying diverse social norms, including unjust ones
- ✓ RS3 Demonstrating cultural competency

## Extension Activity: Circles of Identity

### Overview

This activity is designed to help students understand that we all have multiple identities at play in each of us. The main focus is on becoming aware of how their unique identities influence who they are.

### Learning Outcomes

- Identify the main identities that make up who they are and how they influence them.
- Recognize how the Captain and Poet can help them navigate identity in different contexts.

### SEL Competencies

- ✓ SA1 Integrating personal and social identities
- ✓ SA2 Identifying personal, cultural, and linguistic assets
- ✓ SA6 Examining prejudices and biases
- ✓ SoA1 Taking others' perspectives
- ✓ SoA6 Identifying diverse social norms, including unjust ones
- ✓ RS3 Demonstrating cultural competency

## Extension Activity: Playing Identity Detective

### Overview

This activity is designed to explore identity outside of their own lived experience. The main focus is on grasping the complexity of identity in themselves and others.

### Learning Outcomes

- Explain how people's identities go beyond what we can see on the surface.
- Recognize that identity is multi-faceted and different for each individual.

### SEL Competencies

- ✓ SA1 Integrating personal and social identities
- ✓ SA2 Identifying personal, cultural, and linguistic assets
- ✓ SA6 Examining prejudices and biases
- ✓ SoA1 Taking others' perspectives
- ✓ SoA2 Recognizing strengths in others
- ✓ SoA6 Identifying diverse social norms, including unjust ones
- ✓ RS2 Developing positive relationships
- ✓ RS3 Demonstrating cultural competency
- ✓ RDM1 Demonstrating curiosity and open-mindedness

## Extension Activity: Celebrating Our Differences

### Overview

This activity is designed to celebrate difference. The main focus is on framing difference in a positive way and identifying how our Captain and Poet help us bring the possibilities of being different to life.

### Learning Outcomes

- Define how difference is a positive thing.
- Generate possibilities for how difference can have a positive impact on our lives.

### SEL Competencies

- ✓ SA1 Integrating personal and social identities
- ✓ SA2 Identifying personal, cultural, and linguistic assets
- ✓ SA6 Examining prejudices and biases
- ✓ SoA6 Identifying diverse social norms, including unjust ones
- ✓ RS3 Demonstrating cultural competency
- ✓ RDM1 Demonstrating curiosity and open-mindedness
- ✓ RDM6 Reflecting on one's role to promote personal, family, and community well-being

## Extension Activity: Captains and Poets Include Everyone

### Overview

This activity is designed to introduce the concept of inclusion. The main focus is on how the Captain and Poet can help them to be more inclusive.

### Learning Outcomes

- Explain what it feels like to be included and excluded.
- Recognize how the Captain and Poet can help us be more inclusive.

### SEL Competencies

- ✓ SA1 Integrating personal and social identities
- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SA6 Examining prejudices and biases
- ✓ SM7 Demonstrating personal and collective agency
- ✓ SoA1 Taking others' perspectives
- ✓ SoA3 Demonstrating empathy and compassion
- ✓ SoA4 Showing concern for the feelings of others
- ✓ SoA7 Recognizing situational demands and opportunities
- ✓ RS2 Developing positive relationships
- ✓ RS6 Resisting negative social pressure
- ✓ RS7 Showing leadership in groups
- ✓ RS8 Seeking or offering support and help when needed
- ✓ RS9 Standing up for the rights of others
- ✓ RDM2 Identifying solutions for personal and social problems
- ✓ RDM4 Anticipating and evaluating the consequences of one's actions
- ✓ RDM6 Reflecting on one's role to promote personal, family, and community well-being

### Extension Activity: Who Do I Want to Be?

#### Overview

This activity is designed to invite students to articulate what they see as their contribution to the world. The main focus is on recognizing that they are an active agent and positive force in the world.

#### Learning Outcomes

- Identify one or more unique attributes that they offer to the world.
- Articulate what positive and altruistic motivations they have for the world.

### SEL Competencies

- ✓ SA1 Integrating personal and social identities
- ✓ SA2 Identifying personal, cultural, and linguistic assets
- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SA8 Having a growth mindset
- ✓ SA9 Developing interests and a sense of purpose
- ✓ SM4 Setting personal and collective goals
- ✓ SM7 Demonstrating personal and collective agency
- ✓ RS7 Showing leadership in groups
- ✓ RDM6 Reflecting on one's role to promote personal, family, and community well-being