



CAPTAINS & POETS

# Senior Program

## Activity Summaries

Captains & Poets Curriculum  
For ages 12-18

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# CORE ACTIVITIES

Summaries

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

### Overview

This activity is used in younger grades and may be appropriate based on the readiness of the group and/or developmental levels of students. This activity is designed to explore what makes students similar and different from their peers. The main focus is on recognizing each person's uniqueness and valuing those differences.

### 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
- ✓ RS3 Demonstrating cultural competency
- ✓ RS4 Practicing teamwork and collaborative problem-solving

## 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
- ✓ SA6 Examining prejudices and biases
- ✓ 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
- ✓ RS5 Resolving conflicts constructively
- ✓ 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

### 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

- Explain the Captain and Poet archetypes and determine where each shows up for them.
- Recognize that there is a Captain and Poet inside everyone.

#### SEL Competencies

- ✓ SA2 Identifying personal, cultural, and linguistic assets
- ✓ SoA2 Recognizing strengths in others
- ✓ SoA6 Identifying diverse social norms, including unjust ones
- ✓ RS1 Communicating effectively
- ✓ RDM6 Reflecting on one's roles to promote personal, family, and community well-being

### Core Activity 4: Deep Dive into the Captain and the Poet

#### Overview

This activity is designed to generate a deeper understanding of the Captain and Poet archetypes in themselves and others. The main focus is on recognizing the archetypes in the day-to-day.

### Learning Outcomes

- Identify how the Captain and Poet show up in different aspects of our lives.
- Recognize that we all internalize the Captain and Poet slightly differently.

### SEL Competencies

- ✓ SA2 Identifying personal, cultural, and linguistic assets
- ✓ SoA2 Recognizing strengths in others
- ✓ SoA6 Identifying diverse social norms, including unjust ones
- ✓ RS1 Communicating effectively
- ✓ RDM6 Reflecting on one's roles to promote personal, family, and community well-being

## Core Activity 5: Reconnecting with Your Younger Captain and Poet

### Overview

This activity is designed to open students up to an exploration of the archetypes by reconnecting them with the Captain and Poet of their younger self. The main focus is on encouraging students to explore how their degree of self-expression impacts their life.

### Learning Outcomes

- Recognize that the Captain and Poet have always been a part of them.
- Assess the impact of not being fully expressed on their well-being and happiness.

### SEL Competencies

- ✓ SA3 Identifying one's emotions
- ✓ SA8 Having a growth mindset
- ✓ SA9 Developing interests and a sense of purpose
- ✓ SM2 Identifying and using stress-management strategies
- ✓ SoA3 Demonstrating empathy and compassion
- ✓ SoA7 Recognizing situational demands and opportunities
- ✓ SoA8 Understanding the influences of organizations/systems on behavior
- ✓ RDM1 Demonstrating curiosity and open-mindedness
- ✓ 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 6: Your Captain and Poet Soundtrack

### Overview

This activity is designed to help students connect and relate to their Captain and Poet through music. The main focus is on articulating the expressions of each individually and in combination.



### Learning Outcomes

- Access and identify the essence of the Captain and Poet in music.
- Articulate how the Captain and the Poet are expressed through musical techniques.

### SEL Competencies

- ✓ SA3 Identifying one's emotions
- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SM1 Managing one's emotions
- ✓ SoA1 Taking others' perspectives
- ✓ RDM6 Reflecting on one's role to promote personal, family, and community well-being
- ✓ RDM7 Evaluating personal, interpersonal, community, and institutional impacts

## Core Activity 7: Better Together

### Overview

This activity is designed to explore the interplay of the Captain and Poet. The main focus is on illuminating how their partnership shows up in everyday life.

### Learning Outcomes

- Articulate how the Captain and Poet inform one another.
- Identify how the Captain and Poet in combination make us better.

### SEL Competencies

- ✓ SA2 Identifying personal, cultural, and linguistic assets
- ✓ SA8 Having a growth mindset
- ✓ SM2 Identifying and using stress-management strategies
- ✓ SM5 Using planning & organizational skills
- ✓ SM7 Demonstrating personal and collective agency
- ✓ SoA7 Recognizing situational demands and opportunities
- ✓ RS9 Standing up for the rights of others

## Core Activity 8: Captains and Poets are Everywhere

### Overview

This activity is designed to ground the Captain and Poet archetypes as common aspects of human identity around us. 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 and in the media.

- Recognize that Captains and Poets and the traits they exemplify are all around us.

### SEL Competencies

- ✓ SoA1 Taking others' perspectives
- ✓ 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
- ✓ RDM5 Recognizing how critical thinking skills are useful both inside & outside of school
- ✓ RDM6 Reflecting on one's role to promote personal, family, and community well-being
- ✓ RDM7 Evaluating personal, interpersonal, community, and institutional impacts

## Core Activity 9: Captain and Poet Values

### Overview

This activity is designed to explore the traits and values associated with the Captain and Poet. The main focus is on understanding how they work together to help them be their best selves.

### Learning Outcomes

- Delineate the values associated with each archetype.
- Articulate how seemingly disparate values can work in combination.

## Core Activity 10: The Captain and Poet as Role Models

### Overview

This activity is designed to use familiar figures to explore how Captain and Poet characteristics can exist simultaneously. The main focus is on expanding awareness of how the combined presence of these characteristics contributes to them being a more powerful role model.

### Learning Outcomes

- Recognize that each of us is made up of a multi-faceted set of strengths and personality traits that make us who we are.
- Identify how the Captain and Poet in combination can amplify someone's self-expression and impact in different settings.

### SEL Competencies

- ✓ SA2 Identifying personal, cultural, and linguistic assets
- ✓ SA7 Experiencing self-efficacy
- ✓ 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
- ✓ RS5 Resolving conflicts constructively
- ✓ RS9 Standing up for the rights of others
- ✓ RDM6 Reflecting on one's role to promote personal, family, and community well-being
- ✓ RDM7 Evaluating personal, interpersonal, community, and institutional impacts

## Core Activity 11: Seeing the Captain and Poet in Everyone

### Overview

This activity is designed to enable students to see characteristics of the Captain and Poet in everyone. The main focus is on deepening our sense of connection and reverence for the lives of others.

### Learning Outcomes

- Recognize biases that may show up when we view others.
- Identify the Captain and Poet in others to elicit a sense of connection, compassion and/or reverence for others that didn't exist for them before.

### SEL Competencies

- ✓ SA3 Identifying one's emotions
- ✓ SA6 Examining prejudices and biases
- ✓ SM7 Demonstrating personal and collective agency
- ✓ SoA1 Taking others' perspectives
- ✓ SoA2 Recognizing strengths in others
- ✓ 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
- ✓ SoA8 Understanding the influences of organizations/systems on behavior
- ✓ RS9 Standing up for the rights of others
- ✓ RDM1 Demonstrating curiosity and open-mindedness
- ✓ RDM6 Reflecting on one's role to promote personal, family, and community well-being
- ✓ RDM7 Evaluating personal, interpersonal, community, and institutional impacts

## Core Activity 12: Captain and Poet Friendship

### Overview

This activity is designed to highlight the role and 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 personal relationships.

### SEL Competencies

- ✓ SA3 Identifying one's emotions
- ✓ SoA1 Taking others' perspectives
- ✓ SoA2 Recognizing strengths in others
- ✓ SoA3 Demonstrating empathy and compassion
- ✓ SoA4 Showing concern for the feelings of others
- ✓ SoA5 Understanding and expressing gratitude
- ✓ 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
- ✓ 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 13: The Masks We Wear

### Overview

This activity is designed to increase awareness around the personas we each create. The main focus is on how we adapt to different situations and the impact that has on our level of authenticity.

### Learning Outcomes

- Explain the concept of authenticity and recognize that we all put on masks in different situations.
- Assess the level of authenticity in our masks and the impact of being inauthentic.

### 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
- ✓ SoA8 Understanding the influences of organizations/systems on behavior
- ✓ RS3 Demonstrating cultural competency
- ✓ RS7 Showing leadership in groups
- ✓ RDM1 Demonstrating curiosity and open-mindedness
- ✓ 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 14: Uncovering Captains and Poets in Social Media

### Overview

This activity is designed to help students critically examine the social media they engage with using the lens of Captains and Poets. The main focus is on assessing the degree of self-expression that is encouraged and/or present online and the broader impact it has.

### Learning Outcomes

- Reflect on the limitations of social media in portraying authentic identity.
- Characterize the presence or absence of Captains and Poets in social media.

### SEL Competencies

- ✓ SA4 Demonstrating honesty and integrity
- ✓ SM2 Identifying and using stress-management strategies
- ✓ SoA8 Understanding the influences of organizations and systems on behavior
- ✓ RS1 Communicating effectively
- ✓ RS7 Showing leadership in groups
- ✓ RS8 Seeking or offering support and help when needed
- ✓ RDM3 Learning to make reasoned judgment after analyzing information, data, and facts
- ✓ RDM4 Anticipating and evaluating the consequences of one's actions

## Core Activity 15: Your Authentic Captain and Poet

### Overview

This activity is designed to explore the concept of authenticity. The main focus is on identifying strategies for navigating challenges to authentic personal expression.

## Learning Outcomes

- Recognize when they are being authentic and inauthentic and its relationship to their identity.
- Identify how the Captain and Poet work together to help us be our true selves and mitigate personal and social challenges to being authentic.

## SEL Competencies

- ✓ SA1 Integrating personal & social identities
- ✓ SA4 Demonstrating honesty and integrity
- ✓ SA8 Having a growth mindset
- ✓ SM1 Managing one's emotions
- ✓ SM2 Identifying and using stress-management strategies
- ✓ 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
- ✓ SoA1 Taking others' perspectives
- ✓ 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
- ✓ RS1 Communicating effectively
- ✓ RS3 Demonstrating cultural competency
- ✓ RS7 Showing leadership in groups
- ✓ RDM1 Demonstrating curiosity and open-mindedness
- ✓ 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 16: Acknowledging the Captain and Poet in Others

### Overview

This activity is designed to help students see the Captain and Poet qualities that exist in others and themselves. The main focus is on elevating social awareness and fostering a sense of connection with others.

### 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 17: Declaring My Captain and Poet

### Overview

This activity is designed to help students define their inner Captain and Poet. The main focus is 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
- ✓ SA9 Developing interests and a sense of purpose
- ✓ SM6 Showing courage to take initiative
- ✓ RS1 Communicating effectively
- ✓ RS7 Showing leadership in groups

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

### Overview

This activity is designed to build on students' heightened level of self-awareness to identify areas for personal growth and development. The main focus is on defining steps toward a future self that embraces more fully their inner Captain and Poet.

### Learning Outcomes

- Recognize the attributes of the Captain and/or the Poet that could benefit them in an expanded form of expression.
- Make a commitment to develop specific aspects of their own personal identity.

### 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
- ✓ RS4 Practicing teamwork and collaborative problem-solving
- ✓ RDM6 Reflecting on one's roles to promote personal, family, and community well-being
- ✓ RDM7 Evaluating personal, interpersonal, community, and institutional impacts

## Core Activity 20: My Captain and Poet Avatar

### Overview

This activity is designed to help students represent the archetypes in a visual form. The main focus is on defining how the traits of each of Captain and Poet coexist in them to help them be their best self.

### Learning Outcomes

- Create a visual representation of their Captain and Poet that reminds them of their main traits.
- Recognize how the Captain and Poet can manifest differently in different people.

### SEL Competencies

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





# **EXTENSION ACTIVITIES**

Summaries





# Curriculum Extensions

Literature & Multi-Media

## 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

- Articulate how the presence or absence of the Captain and Poet in different characters contributes to the plot.
- Identify how the expression of their Captain and Poet could help the character navigate the complexities of their situation.

### 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: Captains and Poets in Novels

### Overview

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

### Learning Outcomes

- Articulate how the presence or absence of the Captain and Poet in different characters contributes to the plot.
- Identify how the expression of their Captain and Poet could help the character navigate the complexities of their situation.

### 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
- ✓ RS5 Resolving conflicts constructively
- ✓ 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: Character Analysis

### Overview

This activity is designed to use the Captains and Poets framework to analyze characters in a novel, play or film. The main focus is to recognize how the Captain and Poet are portrayed in fictional characters and discuss how this impacts their involvement in the plot.

### Learning Outcomes

- Inventory and analyze the attributes of the Captain and Poet in fictional characters.
- Predict how characters might develop with their Captain and Poet working in tandem.

### 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
- ✓ RDM1 Demonstrating curiosity and open-mindedness
- ✓ RDM4 Anticipating and evaluating the consequences of one's actions

## 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
- ✓ SA6 Examining prejudices and biases
- ✓ RS1 Communicating effectively

## Extension Activity: Captain and Poet Heroes

### Overview

This activity is designed to help students recognize the Captain and Poet traits in heroes. The main focus is on identifying how both sets of attributes contribute to the exceptional traits and/or accomplishments of the hero.

### Learning Outcomes

- Identify the presence of the Captain and Poet in a hero of choice.
- Articulate how the Captain and Poet have contributed to the person's accomplishments and/or recognition as a hero.

### SEL Competencies

- ✓ SA4 Demonstrating honesty and integrity
- ✓ SA9 Developing interests and a sense of purpose
- ✓ SM3 Exhibiting self-discipline and self-motivation
- ✓ SoA1 Taking others' perspectives
- ✓ SoA2 Recognizing strengths in others
- ✓ SoA6 Identifying diverse social norms, including unjust ones
- ✓ SoA8 Understanding the influences of organizations and systems on behavior
- ✓ RDM7 Evaluating personal, interpersonal, community, and institutional impacts

## Extension Activity: Poets Who Knew Their Captains

### Overview

This activity is designed to explore the wisdom in the works of famous Poets. The main focus is on interpreting the work through the lens of Captain and Poet.

### Learning Outcomes

- Identify Captain and Poet themes and elements in a poem.
- Analyze the interplay of these themes and elements in the construction and impact of the poem.

### SEL Competencies

- ✓ SA9 Developing interests and a sense of purpose
- ✓ SoA1 Taking others' perspectives
- ✓ SoA6 Identifying diverse social norms, including unjust ones

- ✓ RDM1 Demonstrating curiosity and open-mindedness
- ✓ RDM6 Reflecting on one's roles to promote personal, family, and community well-being

## Extension Activity: Spoken Word / Poetry Slam

### Overview

This activity is designed to foster identity exploration and identification with the Captain and Poet using spoken word. The main focus is on the uniqueness of individual expression and the acknowledgement of similarities and differences across interpretations.

### Learning Outcomes

- Create a personal interpretation of the Captain and Poet.
- Identify a new dimension in one of their peers that they weren't previously aware of.

### SEL Competencies

- ✓ SA9 Developing interests and a sense of purpose
- ✓ SM5 Using planning & organizational skills
- ✓ RS1 Communicating effectively
- ✓ RS6 Resisting negative peer pressure
- ✓ RS7 Showing leadership in groups
- ✓ RS8 Seeking or offering support and help when needed
- ✓ RS9 Standing up for the rights of others

## Extension Activity: Captains and Poets Visual Poetry

### Overview

This activity is designed to express the concepts of Captain and Poet through Poetry. The main focus is on identifying an image that they associate with the Captain and Poet and expressing it both in written and visual form.

### Learning Outcomes

- Write a poem in a style of their choosing that captures their understanding of the Captain and Poet.
- Create an image to represent the meaning of their poem.

### SEL Competencies

- ✓ SA1 Integrating personal & social identities
- ✓ SA3 Identifying one's emotions
- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SM1 Managing one's emotions
- ✓ SM2 Identifying and using stress-management strategies

- ✓ RS1 Communicating effectively

## Extension Activity: Expressing Your Captain and Poet in Visual Media

### Overview

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

### Learning Outcomes

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

### SEL Competencies

- ✓ SA1 Integrating personal & social identities
- ✓ SA3 Identifying one's emotions
- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SM1 Managing one's emotions
- ✓ SM2 Identifying and using stress-management strategies
- ✓ SM3 Exhibiting self-discipline and self-motivation
- ✓ SM4 Setting personal and collective goals
- ✓ SM5 Using planning & organizational skills
- ✓ SoA3 Demonstrating empathy and compassion
- ✓ RS1 Communicating effectively





# Curriculum Extensions

History & Social Studies

## Extension Activity: Captains and Poets in the News

### Overview

This activity is designed to help students process events in the media through the lens of Captain and Poet. The main focus is on identifying how the presence or absence of both sets of attributes contribute to our society and to help students gain a sense of agency in understanding the events at hand.

### Learning Outcomes

- Identify opportunities for balancing between the Captain and Poet in different news events.
- Articulate how their Captain and Poet can help them respond to news events in a healthy way.

### SEL Competencies

- ✓ SA3 Identifying one's emotions
- ✓ SM1 Managing one's emotions
- ✓ SM2 Identifying and using stress-management strategies
- ✓ SM6 Showing the courage to take initiative
- ✓ SoA8 Understanding the influences of organizations and systems on behavior
- ✓ 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: Famous Captain and Poet Quotes

### Overview

This activity is designed to help students see how the wisdom of the Captain and Poet shows up in popular culture. The main focus is on exploring famous quotes and assessing how the Captain and Poet are each embodied in them.

### Learning Outcomes

- Select three quotes that reflect the Captain and Poet and resonate on a personal level.
- Identify how the values and characteristics of the Captain and Poet show up in those quotes and contribute to the timelessness of the quote.

### SEL Competencies

- ✓ SM6 Showing the courage to take initiative
- ✓ SoA1 Taking others' perspectives
- ✓ SoA6 Identifying diverse social norms, including unjust ones
- ✓ SoA7 Recognizing situational demands and opportunities

- ✓ SoA8 Understanding the influences of organizations/systems on behavior
- ✓ RS1 Communicating effectively

## Extension Activity: My Captain and Poet Ancestors

### Overview

This activity is designed to explore and unpack family and ancestral history. The main focus is on connecting with the stories of themselves and others through the lens of Captain and Poet.

### Learning Outcomes

- Explain how the Captain and Poet were present in family history.
- Acknowledge the similarities and differences across family stories and what they teach us about character.

### SEL Competencies

- ✓ SA3 Identifying one's emotions
- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SA6 Examining prejudices and biases
- ✓ SoA1 Taking others' perspectives
- ✓ SoA2 Recognizing strengths in others
- ✓ SoA3 Demonstrating empathy and compassion
- ✓ SoA5 Understanding and expressing gratitude
- ✓ SoA6 Identifying diverse social norms, including unjust ones
- ✓ SoA7 Recognizing situational demands and opportunities
- ✓ SoA8 Understanding the influences of organizations/systems on behavior
- ✓ RS2 Developing positive relationships
- ✓ RDM4 Anticipating and evaluating the consequences of one's actions

## Extension Activity: Captains Who Knew Their Poets

### Overview

This activity is designed to familiarize students with famous leaders who made an impact on the world. The main focus is on relating the barriers or difficulties they faced through the lens of Captain and Poet archetypes.

### Learning Outcomes

- Identify world leaders from different cultures, times and places whose accomplishments resonate.
- Define how the combination of Captain and Poet in these leaders showed up in their journey and impact on the world.

### SEL Competencies

- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SM3 Exhibiting self-discipline and self-motivation
- ✓ SoA1 Taking others' perspectives
- ✓ 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 and systems on behavior
- ✓ RS9 Standing up for the rights of others

### Extension Activity: Unpacking the Word *Captain*

#### Overview

This activity is designed to unpack the term *Captain* and the complex relationship and negative historical associations it holds for many peoples. The main focus of this activity is to explore these connotations and identify the role of the Poet alongside the Captain in redefining the term in a positive way on a personal level.

#### Learning Outcomes

- Explore various meanings and associations of the word Captain to different groups throughout history.
- Identify the role of the Poet alongside the Captain and how that impacts the orientation of the word Captain in a more positive way.

### SEL Competencies

- ✓ SA6 Examining prejudices and biases
- ✓ SoA1 Taking others' perspectives
- ✓ SoA6 Identifying diverse social norms, including unjust ones
- ✓ SoA8 Understanding the influences of organizations/systems on behavior
- ✓ RS3 Demonstrating cultural competency
- ✓ RDM1 Demonstrating curiosity and open-mindedness
- ✓ RDM2 Identifying solutions for personal and social problems
- ✓ RDM7 Evaluating personal, interpersonal, community, and institutional impacts



# Curriculum Extensions

Career Education

## Extension Activity: Your Captain and Poet Resume

### Overview

This activity is designed to demonstrate to students that they have spent most of their life already demonstrating their unique skills and aptitudes. The main focus is on identifying how their Captain and Poet set them up to share their strengths with the world.

### Learning Outcomes

- Assess their skills and aptitudes through the lens of Captain and Poet.
- Summarize their unique abilities and how they might offer what they have to the world.

### SEL Competencies

- ✓ SA4 Demonstrating honesty and integrity
- ✓ SA2 Identifying personal, cultural, and linguistic assets
- ✓ SA9 Developing interests and a sense of purpose
- ✓ SM3 Exhibiting self-discipline and self-motivation
- ✓ SM5 Using planning and organizational skills
- ✓ RDM3 Learning to make a reasoned judgment after analyzing information, data, facts
- ✓ 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: Captain and Poet Careers

### Overview

This activity is designed to illuminate how various career choices resonate with students. The main focus is on identifying how their unique Captain and Poet align to future career options in front of them.

### Learning Outcomes

- Identify their career strengths through the lens of Captain and Poet.
- Assess how well their Captain and Poet would show up and/or thrive in various career options.

### SEL Competencies

- ✓ SA2 Identifying personal, cultural, and linguistic assets
- ✓ SA4 Demonstrating honesty and integrity
- ✓ SA9 Developing interests and a sense of purpose
- ✓ SM3 Exhibiting self-discipline and self-motivation
- ✓ SM4 Setting personal and collective goals
- ✓ SM5 Using planning and organizational skills
- ✓ RDM1 Demonstrating curiosity and open-mindedness

- ✓ RDM3 Learning to make a reasoned judgment after analyzing information, data, facts
- ✓ RDM4 Anticipating and evaluating the consequences of one's actions
- ✓ RDM6 Reflecting on one's role to promote personal, family, and community well-being







# Curriculum Extensions

Character & Values 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 how the Captain and Poet show up in each and how they can be demonstrated in day-to-day school life.

### Learning Outcomes

- Assess the presence of the Captain and Poet in each of the designated character education/values.
- Identify ways to bring these values to life in the day-to-day.

### SEL Competencies

- ✓ SA4 Demonstrating honesty and integrity
- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SA8 Having a growth mindset
- ✓ SA9 Developing interests and a sense of purpose
- ✓ SM3 Exhibiting self-discipline and self-motivation
- ✓ SM6 Showing the courage to take initiative
- ✓ SM7 Demonstrating personal and collective agency
- ✓ SoA1 Taking others' perspectives
- ✓ SoA3 Demonstrating empathy and compassion
- ✓ SoA7 Recognizing situational demands and opportunities
- ✓ SoA8 Understanding the influences of organizations/systems on behavior
- ✓ RS1 Communicating effectively
- ✓ RS3 Demonstrating cultural competency
- ✓ RS6 Resisting negative social pressure
- ✓ RDM5 Recognizing how critical thinking skills are useful both inside & outside of school
- ✓ RDM7 Evaluating personal, interpersonal, community, and institutional impacts

## Extension Activity: My Captain and Poet Values

### Overview

This activity is designed to explore personal values. The main focus is on assessing how they align to the expression of their Captain and Poet.

### Learning Outcomes

- Generate a list of personal values and articulate their importance to them.
- Assess how the values and characteristics of the Captain and Poet show up in their personal values.

### SEL Competencies

- ✓ SA1 Integrating personal & social identities
- ✓ SA4 Demonstrating honesty and integrity
- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SA6 Examining prejudices and biases
- ✓ SA9 Developing interests and a sense of purpose
- ✓ SM3 Exhibiting self-discipline and self-motivation
- ✓ RS4 Practicing teamwork and collaborative problem-solving

### Extension Activity: Doing the Right Thing Ain't Always Easy

#### Overview

This activity is designed to explore why doing the right thing isn't always easy. The main focus is on identifying how the Captain and Poet can help students identify what they stand for and determine how to respond to situations that are in conflict with their values.

#### Learning Outcomes

- Explore how, when and why they feel conflicted about what is happening around them.
- Identify how the Captain and Poet can work together to help them decide what the right thing is and to do something about it.

### SEL Competencies

- ✓ SA3 Identifying one's emotions
- ✓ SA4 Demonstrating honesty and integrity
- ✓ SA7 Experiencing self-efficacy
- ✓ SA9 Developing interests and a sense of purpose
- ✓ SM1 Managing one's emotions
- ✓ SM2 Identifying and using stress-management strategies
- ✓ SM3 Exhibiting self-discipline and self-motivation
- ✓ SoA4 Showing concern for the feelings of others
- ✓ RDM3 Learning to make reasoned judgment after analyzing information, data, and facts
- ✓ RDM5 Recognizing how critical thinking skills are useful both inside and outside of school

### Extension Activity: Self-Discipline as an Expression of Who You Are

#### Overview

This activity is designed to help students recognize how self-discipline is actually an expression of who they are and how they show up in the world. The main focus is on identifying how the Captain and Poet contribute to their motivation and help them express themselves more fully in the world.

### Learning Outcomes

- Name what is present for them when they are applying self-discipline and it's importance.
- Assess how they can draw on their Captain and Poet to contribute to and sustain their self-discipline across different contexts.

### SEL Competencies

- ✓ SA3 Identifying one's emotions
- ✓ SA4 Demonstrating honesty and integrity
- ✓ SA7 Experiencing self-efficacy
- ✓ SA9 Developing interests and a sense of purpose
- ✓ SM1 Managing one's emotions
- ✓ SM2 Identifying and using stress-management strategies
- ✓ SM3 Exhibiting self-discipline and self-motivation
- ✓ SM5 Showing courage to take initiative
- ✓ SM3 Exhibiting self-discipline and self-motivation
- ✓ RDM3 Learning to make reasoned judgment after analyzing information, data, and facts
- ✓ RDM4 Anticipating and evaluating the consequences of one's actions
- ✓ SM2 Identifying and using stress-management strategies
- ✓ SM3 Exhibiting self-discipline and self-motivation
- ✓ RDM3 Learning to make reasoned judgment after analyzing information, data, and facts



# Superpowers

## 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 developing the ability to connect parts of ourselves with that of others.

### Learning Outcomes

- Define empathy and understand how it connects us with ourselves and others.
- Explain how the Captain and Poet work together to help us be more empathetic.

### SEL Competencies

- ✓ SA3 Identifying one's emotions
- ✓ SA6 Examining prejudices and biases
- ✓ SoA1 Taking others' perspectives
- ✓ SoA3 Demonstrating empathy & compassion
- ✓ SoA4 Showing concern for others' feelings
- ✓ SoA6 Identifying diverse social norms, including unjust ones
- ✓ 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 self-compassion and explain their 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
- ✓ SoA6 Identifying diverse social norms, including unjust ones
- ✓ RS1 Communicating effectively
- ✓ RS2 Developing positive relationships

- ✓ RS5 Resolving conflicts constructively
- ✓ 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: The Superpower of Gratitude

### Overview

This activity is designed to introduce students to the concept of gratitude. The main focus is on how being grateful generates a more positive and empowering perspective on our experiences, others and ourselves.

### Learning Outcomes

- Define gratitude and articulate its impact.
- Explain how the Captain and Poet can help us leverage gratitude to be our best selves.

### SEL Competencies

- ✓ SA3 Identifying one's emotions
- ✓ SM1 Managing one's emotions
- ✓ SM2 Identifying and using stress-management strategies
- ✓ SoA5 Understanding and expressing gratitude
- ✓ SoA6 Identifying diverse social norms, including unjust ones
- ✓ RS1 Communicating effectively
- ✓ RS8 Seeking or offering support and help when needed
- ✓ RDM6 Reflecting on one's roles 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

- Define the concept of resilience and explain its importance in adolescence.
- Explain 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
- ✓ SA9 Developing interests and a sense of purpose
- ✓ SM1 Managing one's emotions
- ✓ SM2 Identifying and using stress-management strategies
- ✓ SM3 Exhibiting self-discipline and self-motivation
- ✓ SM5 Showing courage to take initiative
- ✓ 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
- ✓ SM2 Identifying and using stress-management strategies
- ✓ SM3 Exhibiting self-discipline and self-motivation
- ✓ SM5 Showing courage to take initiative
- ✓ SoA6 Identifying diverse social norms, including unjust ones<sup>6</sup>
- ✓ RS4 Practicing teamwork and collaborative problem-solving
- ✓ RDM1 Demonstrating curiosity and open-mindedness

## Extension Activity: The Superpower of Courage

### Overview

This activity is designed to demystify the concept of courage to make it more accessible in students' 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

- ✓ SA3 Identifying one's emotions
- ✓ SA2 Identifying personal, cultural, and linguistic assets
- ✓ 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
- ✓ RS6 Resisting negative social pressure
- ✓ RS9 Standing up for the rights of others
- ✓ RDM1 Demonstrating curiosity and open-mindedness
- ✓ 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 Magic Formula – Emotional Courage

### Overview

This activity is designed to help students understand the concept of emotional courage and how it serves them and others. The main focus is on illuminating how the Captain and Poet show up in situations that call for emotional courage.

### Learning Outcomes

- Generate examples of emotional courage.
- Identify how the Captain and Poet help them to enact emotional courage in day-to-day life.

### SEL Competencies

- ✓ SA3 Identifying one's emotions
- ✓ SA4 Demonstrating honesty and integrity
- ✓ SA7 Experiencing self-efficacy
- ✓ SA8 Having a growth mindset
- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SM3 Exhibiting self-discipline and self-motivation
- ✓ SM5 Showing courage to take initiative
- ✓ RS1 Communicating effectively
- ✓ RS2 Developing positive relationships
- ✓ RS8 Seeking or offering support and help when needed
- ✓ RS9 Standing up for the rights of others
- ✓ RDM3 Learning to make reasoned judgment after analyzing information, data, and facts

## Extension Activity: The Magic Formula – Inspired Action

### Overview

This activity is designed to help students understand the concept of inspired action and how it serves them and others. The main focus is on illuminating how the Captain and Poet contribute to inspired action.

### Learning Outcomes

- Generate examples of inspired action.
- Identify how the Captain and Poet help them to enact inspired action in day-to-day life.

### SEL Competencies

- ✓ SA3 Identifying one's emotions
- ✓ SA4 Demonstrating honesty and integrity
- ✓ SA7 Experiencing self-efficacy
- ✓ SA8 Having a growth mindset
- ✓ SA9 Developing interests and a sense of purpose
- ✓ SM3 Exhibiting self-discipline and self-motivation
- ✓ SM7 Demonstrating personal and collective agency
- ✓ RS4 Practicing teamwork and collaborative problem-solving
- ✓ RS7 Showing leadership in groups
- ✓ RS9 Standing up for the rights of others
- ✓ RDM6 Reflecting on one's roles to promote personal, family, and community well-being



# Self-Awareness

## Extension Activity: Using Your Emotions as a Compass

### Overview

This activity is designed to encourage students to explore the value their emotions offer to them in different situations. The main focus is on exploring how emotions strengthen their ability to make more conscious, authentic choices.

### Learning Outcomes

- Explore how emotions have the ability to inform and guide us.
- Define how the Captain and Poet help give us a sense of direction.

### SEL Competencies

- ✓ SA3 Identifying one's emotions
- ✓ SA4 Demonstrating honesty and integrity
- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SA7 Experiencing self-efficacy
- ✓ SM1 Managing one's emotions
- ✓ SM2 Identifying and using stress-management strategies
- ✓ SM7 Demonstrating personal and collective agency
- ✓ RDM5 Recognizing how critical thinking skills are useful both inside and outside of school

## Extension Activity: Trusting Your Gut

### Overview

This activity is designed to illuminate for students how bodily awareness can help guide and direct better decisions for them. The main focus is on identifying how the Captain and Poet are reflected in their bodily responses and how they can use them to navigate the many choices in front of them each day.

### Learning Outcomes

- Recognize the personal experience of gut feelings that comes most naturally to them.
- Articulate how the Captain and Poet connect with those bodily experiences.

### SEL Competencies

- ✓ SA3 Identifying one's emotions
- ✓ SA4 Demonstrating honesty and integrity
- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SA7 Experiencing self-efficacy
- ✓ SM1 Managing one's emotions
- ✓ RDM3 Learning to make reasoned judgment after analyzing information, data, and facts

## Extension Activity: Getting Out of Your Comfort Zone

### Overview

This activity is designed to introduce the concept of comfort zones. The main focus is on students becoming aware of how they respond to situations that put them out of their comfort zones.

### Learning Outcomes

- Define how their comfort zone inhibits them.
- Identify how the Captain and Poet can help them push outside their comfort zone.

### 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
- ✓ SM4 Setting personal and collective goals
- ✓ SM5 Using planning and organizational skills
- ✓ SM6 Showing the courage to take initiative
- ✓ RDM1 Demonstrating curiosity and open-mindedness
- ✓ RDM2 Identifying solutions for personal and social problems
- ✓ RDM3 Learning to make a reasoned judgment after analyzing information, data, facts
- ✓ RDM4 Anticipating and evaluating the consequences of one's actions

## Extension Activity: Making Good Choices and Decisions

### Overview

This activity is designed to help students understand how making choices from an authentic place serves them. The main focus is on illuminating how their Captain and Poet can help them in this process.

### Learning Outcomes

- Identify what goes into making good choices and their impact.
- Recognize how the Captain and Poet work together to help them make good choices.

### SEL Competencies

- ✓ 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
- ✓ 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
- ✓ RDM1 Demonstrating curiosity and open-mindedness
- ✓ RDM3 Learning to make reasoned judgment after analyzing information, data, and facts
- ✓ RDM4 Anticipating and evaluating the consequences of one's actions

## Extension Activity: Meaningful Goal Setting

### Overview

This activity is designed to help students set goals that are meaningful, motivating and engaging to them. The main focus is on creating goals that help them operate from “inspired action”.

### Learning Outcomes

- Identify a goal that they want or need to achieve.
- Leverage the Captain and Poet to map out an approach toward their goal.

### SEL Competencies

- ✓ SA4 Demonstrating honesty and integrity
- ✓ SA7 Experiencing self-efficacy
- ✓ SA8 Having a growth mindset
- ✓ SA9 Developing interests and a sense of purpose
- ✓ SM1 Managing one's emotions
- ✓ SM2 Identifying and using stress-management strategies
- ✓ SM4 Setting personal and collective goals
- ✓ SM5 Using planning & organizational skills
- ✓ SM3 Exhibiting self-discipline and self-motivation
- ✓ RDM3 Learning to make a reasoned judgment after analyzing information, data, facts
- ✓ 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: Vulnerability as a Strength

### Overview

This activity is designed to help students understand the power of vulnerability and how it builds trust and connection. The main focus is on identifying how the Captain and Poet help them navigate situations that trigger and/or benefit from their vulnerability.

### Learning Outcomes

- Define the power and benefits of vulnerability in their own words.
- Identify how they can call on their Captain and Poet in situations that call for their vulnerability.

### SEL Competencies

- ✓ SA3 Identifying one's emotions
- ✓ SA4 Demonstrating honesty and integrity
- ✓ SA8 Having a growth mindset
- ✓ SM1 Managing one's emotions
- ✓ SM4 Setting personal and collective goals
- ✓ SM6 Showing the courage to take initiative
- ✓ SM7 Demonstrating personal and collective agency
- ✓ RS1 Communicating effectively
- ✓ RS8 Seeking or offering support and help when needed

## Extension Activity: Conquering Your Inner Saboteurs

### Overview

This activity is designed to help students recognize the negative self-talk. The main focus is on leveraging the Captain and Poet to shift their inner voice to a positive one.

### Learning Outcomes

- Identify a recurring negative message that they hear.
- Recognize that they can shift the messages they send to themselves to be more empowering.

### SEL Competencies

- ✓ 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
- ✓ SM6 Showing the courage to take initiative
- ✓ SoA6 Identifying diverse social norms, including unjust ones
- ✓ SoA2 Recognizing strengths in others
- ✓ RDM2 Identifying solutions for personal and social problems

## Extension Activity: The Impact of Shame and Guilt

### Overview

This activity is designed to explore how the impact of shame and guilt. The main focus is on understanding the difference between shame and guilt and how they each inhibit self-expression.

### Learning Outcomes

- Define shame and guilt and articulate the difference.
- Recognize how shame and guilt have impacted their self-expression.

### SEL Competencies

- ✓ SA3 Identifying one's emotions
- ✓ SA4 Demonstrating honesty and integrity
- ✓ SA8 Having a growth mindset
- ✓ SM1 Managing one's emotions
- ✓ SM2 Identifying and using stress-management strategies
- ✓ SM4 Setting personal and collective goals
- ✓ SoA1 Taking others' perspectives
- ✓ SoA4 Showing concern for the feelings of others
- ✓ 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

## 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 familiarize students with a number of yoga poses that help activate the Captain and Poet in their body. The main focus is on identifying which poses work best for them.

### Learning Outcomes

- Explore how each yoga pose embodies the physical and emotional expression of Captain and/or Poet.
- Identify the shift in state that occurs and the benefits they experience.

### 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





# Social Awareness

## Extension Activity: Introversion and Extroversion

### Overview

This activity is designed to explore the spectrum of introversion and extroversion and how the Captain and the Poet align to all expressions on the spectrum. The main focus is on identifying student's own natural orientation and the expectations that are placed on them to adapt their disposition in different social environments.

### Learning Outcomes

- Distinguish the concepts of introversion and extroversion and how they relate to their own disposition.
- Recognize how the Captain and Poet can be present in both.

### SEL Competencies

- ✓ SA1 Integrating personal & social identities
- ✓ SA3 Identifying one's emotions
- ✓ SA4 Demonstrating honesty and integrity
- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SM2 Identifying and using stress-management strategies
- ✓ SoA2 Recognizing strengths in others
- ✓ RS1 Communicating effectively

## Extension Activity: Collaboration

### Overview

This activity is designed to enable students to work together to analyze what enables effective collaboration. The main focus is on helping students practice integrating their Captain and Poet in multiple settings requiring collaboration.

### Learning Outcomes

- Draw on past experiences to explain the impact of various skills on their ability to collaborate
- Apply the Captain and Poet traits and skills that support effective collaboration.

### SEL Competencies

- ✓ SA1 Integrating personal & social identities
- ✓ SA2 Identifying personal, cultural, and linguistic assets
- ✓ SA4 Demonstrating honesty and integrity
- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SA7 Experiencing self-efficacy

- ✓ SA8 Having a growth mindset
- ✓ SA9 Developing interests and a sense of purpose
- ✓ 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
- ✓ SoA2 Recognizing strengths in others
- ✓ 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
- ✓ RS5 Resolving conflicts constructively
- ✓ RS7 Showing leadership in groups
- ✓ RS8 Seeking or offering support and help when needed

## Extension Activity: Problem-Solving

### Overview

This activity is designed to teach students various problem-solving strategies that they can use to navigate real-life challenges and make better decisions. The main focus is on developing individual and collective agency in addressing a variety of common challenges across multiple contexts.

### Learning Outcomes

- Identify how they can apply various strategies to improve problem-solving skills in past, present and future situations.
- Take an asset-based approach to support themselves and others in analyzing personal strengths and demonstrating competency in problem solving

### SEL Competencies

- ✓ SA3 Identifying one's emotions
- ✓ SA4 Demonstrating honesty and integrity
- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SA7 Experiencing self-efficacy
- ✓ SA8 Having a growth mindset
- ✓ 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
- ✓ SoA2 Recognizing strengths in others
- ✓ 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
- ✓ RS5 Resolving conflicts constructively
- ✓ RS7 Showing leadership in groups
- ✓ RS8 Seeking or offering support and help when needed
- ✓ RDM1 Demonstrating curiosity and open-mindedness
- ✓ RDM2 Identifying solutions for personal and social problems
- ✓ RDM3 Learning to make a reasoned judgment after analyzing information, data, facts
- ✓ RDM4 Anticipating and evaluating the consequences of one's actions
- ✓ RDM5 Recognizing how critical thinking skills are useful both inside & outside of school

## Extension Activity: The Power of Conflict

### Overview

This activity is designed to explore students' tendency to avoid dealing with interpersonal conflict. The main focus is on identifying how they can draw on the Captain and Poet to help them communicate and navigate these challenges effectively.

### Learning Outcomes

- Identify the impact of avoiding dealing with interpersonal challenges.
- Explore how the Captain and Poet can help them mitigate the factors that lead to interpersonal conflict and to communicate in a way that re-establishes connection.

### SEL Competencies

- ✓ SA3 Identifying one's emotions
- ✓ SA4 Demonstrating honesty and integrity
- ✓ SA7 Experiencing self-efficacy
- ✓ SM1 Managing one's emotions
- ✓ SM2 Identifying and using stress-management strategies
- ✓ SM6 Showing the courage to take initiative
- ✓ SoA1 Taking others' perspectives
- ✓ SoA2 Recognizing strengths in others
- ✓ SoA3 Demonstrating empathy and compassion
- ✓ SoA4 Showing concern for the feelings of others
- ✓ SoA5 Understanding and expressing gratitude
- ✓ RS1 Communicating effectively

- ✓ RS2 Developing positive relationships
- ✓ RS4 Practicing teamwork and collaborative problem-solving
- ✓ RS5 Resolving conflicts constructively
- ✓ RDM4 Anticipating and evaluating the consequences of one's actions

## Extension Activity: Conflict Resolution

### Overview

This activity is designed to help students learn to resolve conflicts in multiple contexts. The main focus is on developing the intrapersonal and interpersonal skills needed to navigate conflict to a positive outcome.

### Learning Outcomes

- Identify and better manage the dynamics of conflict.
- Learn and apply multiple strategies for resolving conflicts.

### SEL Competencies

- ✓ SA3 Identifying one's emotions
- ✓ SA4 Demonstrating honesty and integrity
- ✓ SA7 Experiencing self-efficacy
- ✓ SM1 Managing one's emotions
- ✓ SM2 Identifying and using stress-management strategies
- ✓ SM6 Showing the courage to take initiative
- ✓ SoA1 Taking others' perspectives
- ✓ SoA2 Recognizing strengths in others
- ✓ SoA3 Demonstrating empathy and compassion
- ✓ SoA4 Showing concern for the feelings of others
- ✓ SoA5 Understanding and expressing gratitude
- ✓ RS1 Communicating effectively
- ✓ RS2 Developing positive relationships
- ✓ RS4 Practicing teamwork and collaborative problem-solving
- ✓ RS5 Resolving conflicts constructively
- ✓ RDM4 Anticipating and evaluating the consequences of one's actions



## Extension Activity: What the World Needs Now

### Overview

This activity is designed to tap into student's vision for a better world. The main focus is on how their Captain and Poet can help guide them to bring their vision to life.

### Learning Outcomes

- Generate a personal vision for what a perfect world would look like.
- Define how their Captain and Poet would be involved in creating that world.

### SEL Competencies

- ✓ SA9 Developing interests and a sense of purpose
- ✓ SoA4 Showing concern for the feelings of others
- ✓ SoA6 Identifying diverse social norms, including unjust ones
- ✓ RS3 Developing positive relationships
- ✓ RS4 Practicing teamwork and collaborative problem-solving
- ✓ RDM1 Demonstrating curiosity and open-mindedness



# Identity, Inclusion & Belonging

## Extension Activity: Everyone Has a Story

### Overview

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

### Learning Outcomes

- Explain the importance of personal narratives.
- Appreciate similarities and differences across experiences and 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
- ✓ SA6 Examining prejudices and biases
- ✓ SM7 Demonstrating personal and collective agency
- ✓ 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: Beginnings and Endings

### Overview

This activity is designed to enable students to identify the significance of transitions in their life. The main focus is on deepening their understanding of identity through the different contexts and phases of their life.

### Learning Outcomes

- Identify one or more transitions in their life.
- Explore the impact of these transitions on their identity.

### SEL Competencies

- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SA8 Having a growth mindset
- ✓ SM1 Managing one's emotions
- ✓ SM2 Identifying and using stress-management strategies
- ✓ 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
- ✓ SoA3 Demonstrating empathy and compassion
- ✓ SoA5 Understanding and expressing gratitude
- ✓ SoA6 Identifying
- ✓ SoA7 Recognizing situational demands and opportunities
- ✓ RS1 Communicating effectively

## 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
- ✓ SM7 Demonstrating personal and collective agency
- ✓ SoA1 Taking others' perspectives
- ✓ SoA6 Identifying diverse social norms, including unjust ones
- ✓ RS3 Demonstrating cultural competency

## Extension Activity: Lived Experience and Identity

### Overview

This activity is designed to help students understand that we all have different lived experiences. The main focus is on becoming aware of how their lived experiences influence who they are.

### Learning Outcomes

- Identify lived experiences that influence who they are.
- Recognize how the Captain and Poet can help them navigate lived experiences.

### SEL Competencies

- ✓ SA1 Integrating personal and social identities
- ✓ SA2 Identifying personal, cultural, and linguistic assets
- ✓ SA4 Demonstrating honesty and integrity
- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SA6 Examining prejudices and biases
- ✓ SM4 Setting personal and collective goals
- ✓ SM6 Showing the courage to take initiative
- ✓ SM7 Demonstrating personal and collective agency
- ✓ SoA1 Taking others' perspectives
- ✓ SoA2 Recognizing strengths in others
- ✓ SoA3 Demonstrating empathy and compassion
- ✓ SoA5 Understanding and expressing gratitude
- ✓ SoA8 Understanding the influences of organizations/systems on behavior
- ✓ RS1 Communicating effectively
- ✓ RS3 Demonstrating cultural competency
- ✓ RDM1 Demonstrating curiosity and open-mindedness
- ✓ RDM7 Evaluating personal, interpersonal, community, and institutional impacts

### Extension Activity: Exploring Bias

#### Overview

This activity is designed to help students understand the concept of bias. The main focus is on becoming aware of how it impacts their view of others and themselves.

#### Learning Outcomes

- Explain the concept of bias.
- Recognize how bias toward others as well as themselves impacts their life.

### SEL Competencies

- ✓ SA1 Integrating personal and social identities
- ✓ SA2 Identifying personal, cultural, and linguistic assets
- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SA6 Examining prejudices and biases
- ✓ SM1 Managing one's emotions
- ✓ SM6 Showing the courage to take initiative
- ✓ SM7 Demonstrating personal and collective agency
- ✓ SoA1 Taking others' perspectives
- ✓ SoA6 Identifying diverse social norms, including unjust ones
- ✓ SoA8 Understanding the influences of organizations/systems on behavior
- ✓ RS2 Developing positive relationships
- ✓ RS3 Demonstrating cultural competency

- ✓ RS9 Standing up for the rights of others
- ✓ RDM1 Demonstrating curiosity and open-mindedness
- ✓ 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

## Extension Activity: Playing Identity Detective

### Overview

This activity is designed to explore the concept of identity outside of their own lived experience. The main focus is on recognizing that identity is multi-faceted and unique for each individual.

### 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
- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SA6 Examining prejudices and biases
- ✓ SoA1 Taking others' perspectives
- ✓ SoA2 Recognizing strengths in others
- ✓ SoA3 Demonstrating empathy and compassion
- ✓ SoA6 Identifying diverse social norms, including unjust ones
- ✓ RS2 Developing positive relationships
- ✓ RS3 Demonstrating cultural competency
- ✓ RDM1 Demonstrating curiosity and open-mindedness
- ✓ RDM3 Learning to make a reasoned judgment after analyzing information, data, facts

## Extension Activity: Celebrating Our Differences

### Overview

This activity is designed to celebrate the differences around social identities, lived experiences and belief systems that we all have. 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
- ✓ SM6 Showing the courage to take initiative
- ✓ SM7 Demonstrating personal and collective agency
- ✓ SoA2 Recognizing strengths in others
- ✓ SoA6 Identifying diverse social norms, including unjust ones
- ✓ RS3 Demonstrating cultural competency
- ✓ RS7 Showing leadership in groups
- ✓ RDM1 Demonstrating curiosity and open-mindedness
- ✓ RDM2 Identifying solutions for personal and social problems
- ✓ RDM6 Reflecting on one's role to promote personal, family, and community well-being

### Extension Activity: Lenses of Inclusion

#### Overview

This activity is designed to illuminate how we experience inclusion and exclusion in day-to-day life. The main focus is on identifying how the Captain and Poet can help us mitigate the negative impact of exclusion on ourselves and others and how we might help foster inclusion and belonging.

#### Learning Outcomes

- Identify where we experience inclusion and exclusion in day-to-day life.
- Recognize how the Captain and Poet can help us create a greater sense of inclusion.

### SEL Competencies

- ✓ SA1 Integrating personal and social identities
- ✓ SA2 Identifying personal, cultural, and linguistic assets
- ✓ SA6 Examining prejudices and biases
- ✓ SM4 Setting personal and collective goals
- ✓ SM6 Showing the courage to take initiative
- ✓ SM7 Demonstrating personal and collective agency
- ✓ SoA1 Taking others' perspectives
- ✓ SoA4 Showing concern for the feelings of others
- ✓ SoA6 Identifying diverse social norms, including unjust ones
- ✓ SoA8 Understanding the influences of organizations/systems on behavior
- ✓ RS7 Showing leadership in groups
- ✓ RS9 Standing up for the rights of others
- ✓ RDM1 Demonstrating curiosity and open-mindedness

- ✓ 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

## Extension Activity: Captains and Poets as Agents of Inclusion

### Overview

The activity is designed to increase students' awareness of the impact of inclusion and exclusion on group dynamics. The main focus is on generating strategies for promoting inclusion and including diverse perspectives.

### Learning Outcomes

- Gaining an understanding of what inclusion means to one another on an individual level.
- Learn basic strategies for including diverse perspectives in one's communities.

### SEL Competencies

- ✓ SA1 Integrating personal and social identities
- ✓ SA2 Identifying personal, cultural, and linguistic assets
- ✓ SA5 Linking feelings, values, and thoughts
- ✓ SA6 Examining prejudices and biases
- ✓ SA7 Experiencing self-efficacy
- ✓ SM4 Setting personal and collective goals
- ✓ 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
- ✓ SoA6 Identifying diverse social norms, including unjust ones
- ✓ SoA7 Recognizing situational demands and opportunities
- ✓ RS2 Developing positive relationships
- ✓ RS4 Practicing teamwork and collaborative problem-solving
- ✓ 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
- ✓ RDM1 Demonstrating curiosity and open-mindedness
- ✓ 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: Creating Inclusive Community Spaces

### Overview

This activity is designed to heighten students' awareness of the design of spaces and how they influence the people in them. The main focus is on identifying how to encourage more inclusive spaces.

### Learning Outcomes

- Explain how environments send messages around inclusion.
- Identify ways to increase inclusiveness in their environment.

### SEL Competencies

- ✓ SA1 Integrating personal and social identities
- ✓ SA2 Identifying personal, cultural, and linguistic assets
- ✓ SA6 Examining prejudices and biases
- ✓ SM4 Setting personal and collective goals
- ✓ 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
- ✓ SoA6 Identifying diverse social norms, including unjust ones
- ✓ SoA8 Understanding the influences of organizations/systems on behavior
- ✓ 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
- ✓ RDM6 Reflecting on one's role to promote personal, family, and community well-being
- ✓ RDM7 Evaluating personal, interpersonal, community, and institutional impacts

## Extension Activity: The Butterfly Effect

### Overview

This activity is designed to introduce the concept of the butterfly effect. The main focus is on identifying how small acts can have big impacts on a broader scale.

### Learning Outcomes

- Connect the concept of the butterfly effect and how it applies to societal transformation.
- Examine the life of a person whose small acts (big or small) have had a broader impact.

### 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
- ✓ SM6 Showing the courage to take initiative
- ✓ SM7 Demonstrating personal and collective agency
- ✓ 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 purpose in 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
- ✓ SM6 Showing the courage to take initiative
- ✓ 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