



CAPTAINS & POETS

Self-Awareness | Connection | Inclusion & Belonging | Leadership



## About

Captains & Poets is Kindergarten - Grade 12 programming at the intersection of Social Emotional Learning (SEL) & Inclusion. We help create positive, engaging and inclusive learning environments by weaving SEL into daily school and home life using a simple language that everyone can relate to.

The premise of the program is that there is a unique Captain and Poet in each of us that, in partnership, enable us to be our best selves. The result is heightened self-awareness, self-leadership and leadership abilities. By inspiring connection to self and others, we encourage a healthier sense of well-being and identity, more positive relationships, and greater agency and purpose in the world.

## Research-Based Programming

Our research-based program has been built by a passionate team of educators, parents, SEL and equity consultants to help young people reach their full potential. We draw on multi-disciplinary research to harness the intersection of well-being and identity to bring SEL to life in more powerful ways.



Neuroscience



Psychology



Mindfulness

## SEL Curriculum

Our comprehensive SEL curriculum is teacher-led, organized by grade level, and aligns to subject-matter learning outcomes to make it easy to implement.

### Classrooms (Kindergarten - Grade 12)

Aligns to Classroom Priorities and Routines

### Parents & Homeschools

Adapts to Family and Home Learning

### Schools, Districts & Organizations

Augments Existing Programming

## SEL Leadership Workshops

Our workshops are known for being highly engaging and delivering impactful results that students will carry with them their entire lives.

Leadership

Superpowers

Educator

Parent

Student



## Impact on Students

The challenges facing schools today can seem insurmountable and student needs around well-being and identity formation are complex. Our programming is designed to ignite transformation from kids themselves enabling them to experience the following:

Greater ability to tap into their unique strengths and abilities

Higher competency around identifying, expressing and regulating emotions

Improved relationships, teamwork skills and acceptance of differences

The ability to reflect on the impact of their behaviors on themselves and others

Greater capacity for empathy, compassion, resilience and courage

A positive sense of agency in contributing to the world around them

## Key Benefits of Our Programming

- Aligns to co-curricular and extra-curricular programming
- Bridges Social Emotional Learning with Inclusion initiatives
- Customized to your school context and priorities
- Encourages a growth mindset and inspires a positive sense of agency
- Establishes a common language between school and home environments
- Supports teacher success & well-being

## Books and Resources

Our books are aligned to the curriculum and are a fun and engaging way to bridge with the home environment and keep SEL concepts alive in the day-to-day.



## Contact Us

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