

SOPHIA DAY'S®

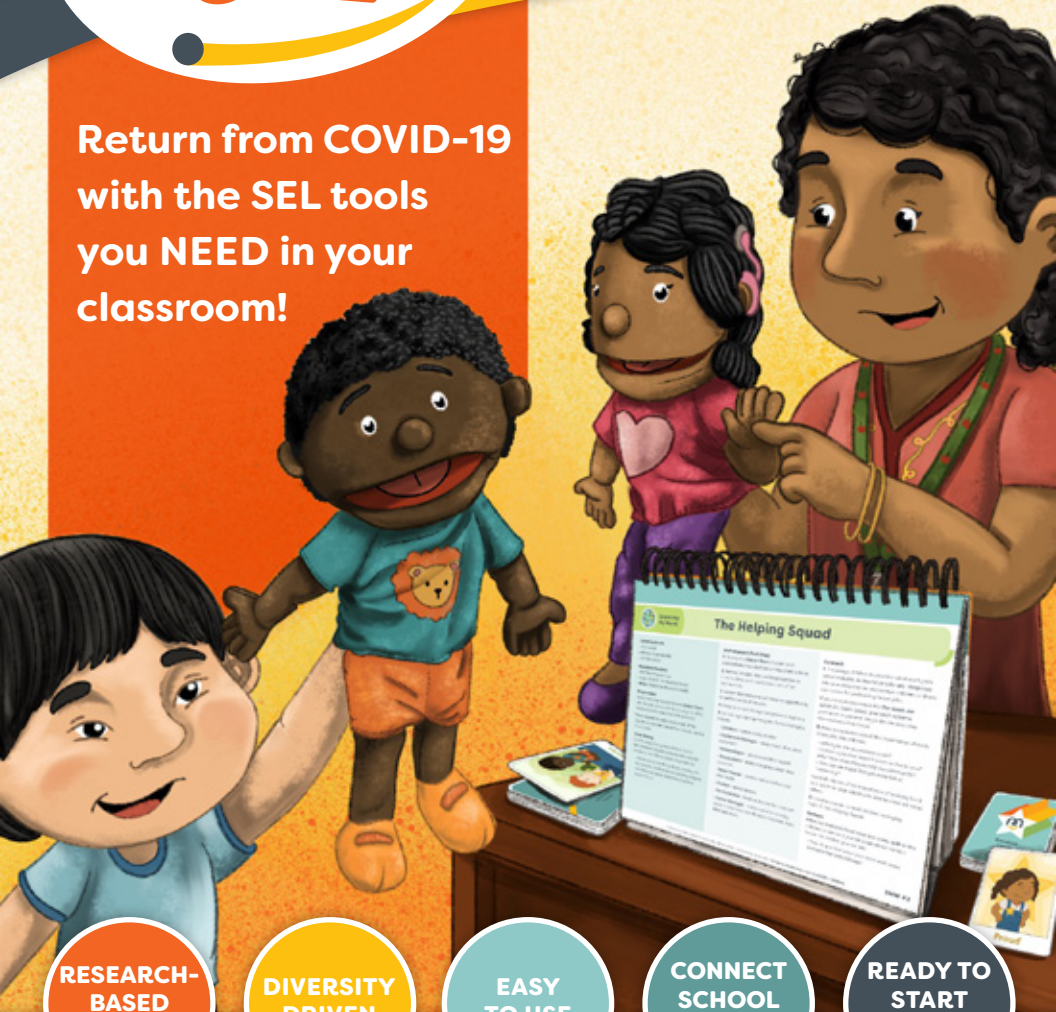
# instill SEL™

Instill Character®

Social-Emotional Learning Ages 2-6

Everything you need to start today!

Return from COVID-19  
with the SEL tools  
you NEED in your  
classroom!



RESEARCH-  
BASED  
LEARNING

DIVERSITY  
DRIVEN

EASY  
TO USE

CONNECT  
SCHOOL  
TO HOME

READY TO  
START  
TODAY

mvpkids®

[www.MVPKidsED.com](http://www.MVPKidsED.com)

Distributed by Becker's®.



## SEL STATISTICS

- Children who are able to express their emotions appropriately, who can solve social problems, and who have positive social skills are **less likely to engage in challenging behavior.** (Hemmeter, Ostrosky, Corso, 2012)
- Current state and federal legislation **will require SEL tools and strategies.** (<http://www.ncsl.org/research/education/social-emotional-learning.aspx>)
- Preschool expulsions occur at a rate **MORE THAN THREE TIMES** that of grades K-12. (<http://azheadstart.org/presentations/If-Not-Head-Start-Where-Else-May-2018.pdf>)



## YOUR SOLUTION TO SOCIAL-EMOTIONAL LEARNING IS HERE!

As we return to our learning communities, it is essential that we implement intentional social and emotional learning (SEL) strategies to support students, teachers, and families in the transition. Educators across the country are using Instill SEL to nurture student's hearts and relationships while building a solid foundation for learning.

[www.MVPKidsED.com](http://www.MVPKidsED.com)



## Return from COVID-19 equipped to support students, teachers, and families in the transition.

### WHY INSTILL SEL™?

*Instill SEL is built on CASEL's Five Core Competencies, making it easily integrated into your current core/ comprehensive curriculum. Instill SEL provides classrooms with a robust SEL component which supports critical skills with:*

- Research-based, easy to implement program to intentionally teach SEL

- Flexible classroom framework that supports social and emotional development
- Resources and information for families to create strong family partnerships
- Emotional management, relationship skills, and quick acclimation to the learning environment

### WHAT CAN YOU EXPECT FROM INSTILL SEL™?

- Concepts taught through music, creative art, movement, puppets, and pretend play to create strong habits that form long-term thought patterns, attitudes, and actions
- Genuine diversity representation
- No additional cost to implement year after year
- Family involvement

### ABOUT MVP KIDS®

MVP Kids creates a world where children can see themselves and also learn from others who are different. Children of all backgrounds, spanning various cultures, ethnicities, family situations, and physical challenges will learn to value the diversity within their own community by being exposed to differences from around the world.

## FAST AND EASY IMPLEMENTATION ENHANCES CONSISTENCY OF USE - THUS RESULTS

**“The curriculum is self-explanatory, easy to use and requires very minimal prep time. The children have really enjoyed learning about the diverse characteristics of the puppets. The social and emotional connections are seen during our journaling time!”**

*JAMIE BRADLEY, LEAD PRE-K TEACHER  
THE GODDARD SCHOOL, FLOWERY BRANCH, GEORGIA*

## MINIMAL TRAINING AND MAINTENANCE COSTS ENHANCED BY TEACHERS GAME PLAN GUIDE

**“There are so many lessons that can be taught to children with the MVP Kids Instill SEL program support companions. They require minimal instruction and can bring your story times to life. With a bit of imagination and enthusiasm, these emotional support friends can turn your story time into a real life puppet show. They are also great to use during transition times and in all areas of the classroom.”**

*ASHANTI PRIEST, LEAD TEACHER  
NEW CASTLE COUNTY HEAD START, INC., NEWARK, DELAWARE*

**81% of parents believe that SEL is just as important as academic learning.<sup>1</sup>**

<sup>1</sup>The 2010 Social and Emotional Learning Report from McGraw-Hill Education/ Morning Consult



# Instill SEL™ Packages



Item #169604

~~\$686<sup>99</sup>~~  
**ONLY \$618<sup>29</sup>**

## THE GOLD PACKAGE

### INCLUDES:

- 8 Puppets
- Instill SEL Curriculum Notebook
- 8 Positivity Posters
- 16 Emotions Cards (English/Spanish)
- 8 Solve It! Cards (English/Spanish)
- Values Displays (English/Spanish)
- 11-Song Downloadable MP3 Audio Files
- Reproducible Activity Resources
- MVP Kids® Paperback Book Pack
- MVP Kids® Digital Story Book Apps

## ORDER INSTILL SEL™ PACKAGES WITH BECKER'S

The Instill SEL™ gold and silver packages and other purchasing options are sold and distributed by Becker's.



Visit [www.ShopBecker.com/Curriculum-Social-Emotional-SEL-Curriculum/](http://www.ShopBecker.com/Curriculum-Social-Emotional-SEL-Curriculum/), scan the QR code, or call 800-523-1490.



Item #169611

~~\$529<sup>99</sup>~~  
**ONLY \$476<sup>29</sup>**

## THE SILVER PACKAGE

### INCLUDES:

- Instill SEL Curriculum Notebook
- 8 Positivity Posters
- 16 Emotions Cards (English/Spanish)
- 8 Solve It! Cards (English/Spanish)
- Values Displays (English/Spanish)
- 11-Song Downloadable MP3 Audio Files
- Reproducible Activity Resources
- MVP Kids® Paperback Book Pack
- MVP Kids® Digital Story Book Apps

## Meet the MVP Kids® Characters in Instill SEL™



**LEBRON MILLER**

LeBron deeply cares about others' feelings, has original ideas, and loves playing outside. He does well at taking turns.



**LUCAS MILLER**

Lucas is full of energy and loves to explore the outdoors. He is inclusive, plays well with others, and thinks before he acts.



**LEO RUSSO**

Leo works hard and well with others. He does not give up and thinks deeply about his surroundings.



**AANYA PATEL**

Aanya is a determined leader who encourages her friends and speaks up for others. She is thoughtful and loves to solve problems.



**GABBY GONZÁLEZ**

Gabby is a natural leader who is outgoing and talkative. She shows interest in everything and works hard to accomplish her goals.



**JULIA ROJAS**

Julia is a team player with a leader's mindset. She is helpful, outgoing, and friendly, and listens to directions well.



**MIRIAM NASSER**

Miriam is interested in learning new things. She is kind, smart, giving, and a great storyteller. She supports her classmates.



**YONG CHEN**

Yong is a reliable helper, sensitive to others, warm-hearted, and creative. He joyfully serves others and loves to make them laugh.

# Instill SEL™ Instructional Notebook and Lesson Plans

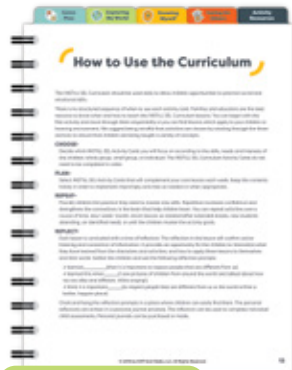
(Included in Gold and Silver Packages)

## START TEACHING SEL WITH THESE EASY-TO-APPLY LESSONS!

- 87 lessons include: SEL activities, puppet scripts, reflection journal prompts, and more
- Family messages for each lesson
- Easel design for hands-free use
- 5 tabbed sections
- 8.5" x 11"



### Game Plan



The Game Plan section introduces Instill SEL and gives a thorough explanation of how to use the curriculum supplement.

### Exploring My World



The activities within Exploring My World are focused on working within a community (e.g., classroom, home, playgroup, etc.). These activities encourage children to develop an understanding of routines, roles, and expectations as a global citizen.

### Knowing Myself



The activities within Knowing Myself encourage children to gain a deeper understanding of their strengths, personality, and emotions. The lessons help children practice self-management, self-awareness, and character development.

### Caring for Others



The activities within Caring for Others help children practice social awareness and relationship skills, which encourage increased positive conflict-resolution, healthy communication, and respect for others, contributing to healthy, long-lasting relationships.

### Activity Resources



The Activity Resources section includes hard copies of reproducible materials used in the Activity Card lessons. Digital versions of these materials are located on the Teacher/ Family Resource Center pages.

87 SEL LESSONS

Exploring My World

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Exploring My World

## The Helping Squad

**Learning Goals:**

- Teamwork
- Ethical Responsibility
- Self-Discipline

**Materials Needed:**

- MVP Kids Puppet; any
- Audio Track 9: The Helping Squad
- **Helper Chart** (purchased or made)

**Preparation:**  
Select and prepare your chosen **Helper Chart** with the jobs you would like to assign for daily helpers (see #5 under the MVP Moment).  
\*Note: Repeat this activity as a part of the regular routine (see Game Plan: How to Use the Curriculum).

**Start Strong:**  
Use the puppet to gather children for the MVP Moment. Puppet welcomes the children and leads the following breathing exercise:  
• Demonstrate breathing deeply, holding for one second, and then slowly exhaling. Repeat with the class two to three more times to support focus.

**MVP Moment (Part One):**

1. Display the **Helper Chart**. Explain and demonstrate how each job on the chart is done.
2. Remind children that working together as a team allows us to easily take care of our environment.
3. Explain that everyone will have an opportunity to perform each of the jobs.
4. Assign jobs and change assignments regularly.
5. Include age-appropriate jobs. Some examples include:
  - **Librarian** - keeps books in order
  - **Equipment Manager** - keeps track of outdoor equipment
  - **Meteorologist** - provides weather report
  - **Group Leader** - leads the group when they go places
  - **Table Cleaner** - washes tables before and after meals
  - **Greeter** - greets guests
  - **Pet Caretaker** - feeds and cares for class pet
  - **Center Manager** - makes sure the learning space is clean and orderly once materials have been put away

**Connect:**

1. Encourage children to practice what each job's action includes. As the helper jobs are integrated into your daily routine, encourage children to thank each other for performing helper jobs.  
*"If you have incorporated the **Our Goals Jar** (EMW #6: Team Goals), give each helper a pom-pom to place in the jar for the way they demonstrated hard work."*
2. Have a discussion about the importance of each of the jobs. Ask children:
  - Which job are you excited to do?
  - Is there a job that doesn't seem as fun to you? Why? How does this job help our community?
  - How can we make that job more fun or interesting?

Remind children of the importance of working hard as a team to keep others safe and to show we value others.

3. Use the puppet to lead children in singing Track 9: The Helping Squad.

**Reflect:**  
After the materials have been put away, gather the children to create a journal page about being a helper. As children journal, ask:  
• How do you feel when your hard work helps everyone feel safe (valued)?

EMW #2

## Family Message

Activity Title:  
**The Helping Squad**



The Learning Goals we shared with your child are:

- **Teamwork**
- **Ethical Responsibility**
- **Self-Discipline**

We shared these goals by exploring the responsibilities displayed on our Helper Chart. We described the different jobs and demonstrated how each one is done. We reminded children that working together as a team allows us to easily take care of our environment. Everyone will have an opportunity to perform each of the jobs.

**Continue at home** by creating a family Helper Chart with your child. Ask your child what their Helper Chart includes for jobs. Encourage them to demonstrate and practice at home.

Listen to Audio Track 6: The Helping Squad while cleaning up or doing household chores. Discuss how it feels when your hard work helps the family and community.



Thank you for partnering with us as we inspire character with the Instill SEL Curriculum, produced by MVP Kids in partnership with ICDL. We are so pleased that you and your child are part of our learning community!  
[www.mvpkidsED.com](http://www.mvpkidsED.com)   [www.mvpkids.com](http://www.mvpkids.com)   [@instillmvpkids](https://www.instagram.com/instillmvpkids)



CONNECT  
SCHOOL  
TO HOME

## SEL LESSONS

The Activity Cards (shown on the left) are designed to introduce children to important social-emotional skills. Each Activity Card reinforces specific learning goals and includes a materials list and clear, concise instructions. The activities presented may include song lyrics, a chant, a poem, and/or a puppet script. The cards can be used in any order and repeated throughout the school year.

- The Activity Cards follow a pattern:
  - Learning Goals - Each lesson is defined by three learning goals
  - Materials Needed - Simple materials are listed
  - Preparation - Get ready for the lesson with collecting supplies
  - Start Strong - Gathering your children to prepare for the lesson
  - MVP Moment - activities presented may include song lyrics, a chant, a poem, and/or a puppet script
  - Connect - Includes activity application and discussion
  - Reflect - Feelings Journal prompts

## FAMILY MESSAGES LETTERS

- Messages highlight specific lessons which families can practice with their children at home
- Designed to foster the home-school relationship

## ONLINE SUPPORT FOR TEACHERS AND FAMILIES!

- Printable copies of activity resources and templates
- Audio tracks
- Family messages



SCRIPTED  
LESSONS  
PROVIDED

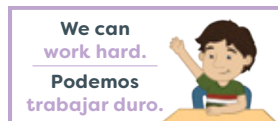
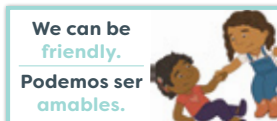
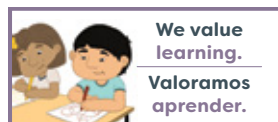
# Instill SEL™ Classroom Environment Tools

(Included in Gold and Silver Packages)



## MVP KIDS POSITIVITY POSTERS

- Your classroom will learn from our MVP Kids and get to know them with these 8 positivity posters with short bios and positive affirmation examples
- Personalized templates are included to create one for each of your students
- 8.5" x 11"



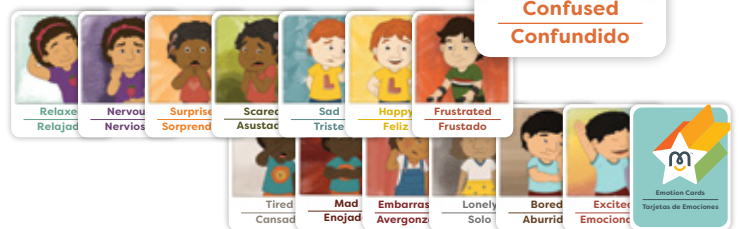
## VALUES DISPLAY

- These 6 displays define your classroom's SEL values
- English and Spanish
- Take pictures of children acting out each value to personalize your display
- 11.5" x 5"



## EMOTION CARDS

- These 16 Emotion Cards are featured in many of the SEL activities to help children explore feelings/emotions, similarities/differences, and likes/dislikes
- English and Spanish
- Personalized templates included to create your own
- 4" x 5"



## SOLVE IT! CARDS

- When conflict arises, stress can inhibit decision-making skills. These 8 Solve It! Cards offer solutions to most problems children experience in the early years
- English and Spanish
- Personalized templates included to create your own
- 4" x 5"



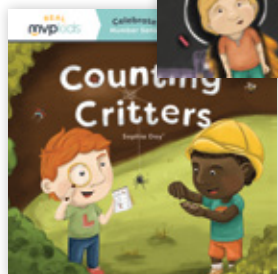
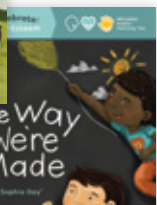


## Instill SEL™ Classroom Environment Tools

(Included in Gold and Silver Packages)

### 11-SONG AUDIO TRACK

- The 11-song supporting downloadable MP3 audio files expand the experience of Instill SEL with beautifully written songs that teach breathing exercises, help problem solving, and much more
- Lyrics are included in the Activity Resources tab of the Instill SEL Notebook



### MVP KIDS BOOK BUNDLES AND DIGITAL STORY APPS

- MVP Kids books, plus their accompanying apps expand social-emotional learning
- Learn more on pages 18 and 19
- 8" x 8"



### WHY SHOULD YOUR CLASSROOM HAVE PUPPETS?

Playing with puppets does wonders for children's language, cognitive, physical, and social-emotional development. When children engage with puppets, they learn to share, take turns, be patient, control impulses, and to recognize and relate to their feelings and emotions and the feelings and emotions of others.



**ORDER TODAY!  
INFORMATION  
ON PAGE 4.**

# Instill SEL™ MVP Kids® Puppets

(Included in Gold Package)

COMES WITH PUPPET SCRIPTS



LEO  
RUSSO



LEBRON  
MILLER



GABBY  
GONZÁLEZ



AANYA  
PATEL



JULIA  
ROJAS



MIRIAM  
NASSER



YONG  
CHEN



LUCAS  
MILLER

## SET OF 8 PUPPETS INCLUDED IN THE GOLD PACKAGE

(page 4)

### ABOUT MVP KIDS PUPPETS

- CPSIA, meets child safety requirements for all ages
- Washable material, movable mouths, and embroidered eyes

- 14" long
- Puppet play helps promote a wide range of developmental aspects, it is an integral component of Instill SEL

- Puppets are based off of MVP Kids characters from the books included in Instill SEL

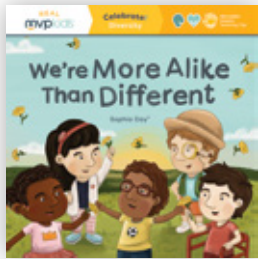
# MVP Kids® Books and Digital Story Book Apps

(Included in Gold and Silver Packages)



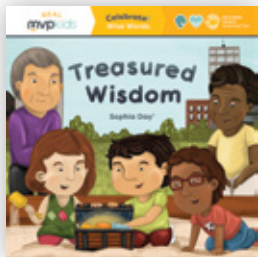
## THE WAY WE'RE MADE

Discover that each person is made to be unique! From physical traits to skills and strengths, children are encouraged to feel good about who they are. Inspire to develop a positive sense of self in children who are beginning to compare themselves with others and notice differences.



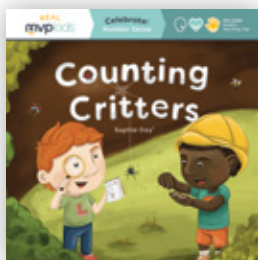
## WE'RE MORE ALIKE THAN DIFFERENT

Learn to be confident in who you are while respecting the uniqueness of others by interacting with children of various differences in background, ethnicity, ability, and needs. Learn that differences aren't scary and finding common ground helps build strong friendships.



## TREASURED WISDOM

Whether they live near or far, grandparents share a special role in imparting legacy, culture, and wisdom. While making special memories, learn proverbs of wisdom from various cultures and apply them to real-life situations.



## COUNTING CRITTERS

Count and make number sentences with the critters that the MVP Kids discover. Children will search for critters in their habitats, practice counting, recognize number sight words, and develop part-part-whole reasoning.

BRING MVP KIDS TO LIFE



## VIEW THE ENTIRE MVP KIDS LIBRARY!

Go to [www.MVPKids.com](http://www.MVPKids.com) for the collection of more than 60 titles!



## DIGITAL STORY BOOK APPS FOR AGES 0-6 INCLUDE:

- Sophia Day® reading the story
- Options that allow children to learn to read, with highlighted words and single word pronunciations
- Games, animations, and hidden sounds

## GROWTH IS FOR EVERYONE!



### KIDS HAVE EMOTIONS AND TEACHERS DO TOO! LET'S GROW TOGETHER, ME AND YOU!

Join us for a one-day Professional Development Session as we discuss growth and self-care strategies for educators, parents, and children.

#### WHAT WE OFFER:

- **BECOME THE BEST VERSION OF YOURSELF!** - Identify growth strategies for educators and families taught by a speaker and coach from the John Maxwell Team. During our session, we will take an in-depth look at the *15 Invaluable Laws of Growth* by #1 New York Times Best Selling author John C. Maxwell.
- **BRIDGE SEL FACTS TO SEL ACTS!** - Bridge the growth gaps between understanding social and emotional learning and implementing successful strategies.
- **BUILD STRONG KIDS WITH SEL!** - Learn the implementation of the Sophia Day's Instill SEL and use the kit in your class tomorrow!

#### WHAT YOU WILL RECEIVE:

### PRICE: \$699/PERSON

- 5 Hours of Professional Development Hours
- Sophia Day's Instill SEL (Silver Package) (see page 5)
- Book: *15 Invaluable Laws of Growth* by John C. Maxwell



For more information, please contact:  
Michon.Henegar@dashupward.com  
602-501-0454  
WWW.DASHUPWARD.COM

## HELPING LEADERS MOVE TO NEW LEVELS



#### ABOUT US

DASH Upward provides multiple tools and training opportunities that can be accessed from work, home, or in a face-to-face setting. We strive to equip educators, families, and community groups with the tools that they need to help students have a positive mindset, overcome challenging situations, and use critical thinking skills to promote social, emotional, and academic growth. We offer strategies that can be used 24/7 to encourage the next generation to be global thinkers, problem solvers, and strategic planners. SEL is linked to improving all academic areas and helps students thrive in the classroom, home, and in the neighborhoods in which we live. Building a community that is tailored with respect, tenacity, balance, and peace promotes long-term learning.

WE KNOW THAT WE ARE BETTER WHEN WE WORK TOGETHER, SO OUR GOAL IS TO PROVIDE SUPPORT AND RESOURCES TO EDUCATORS, FAMILIES, AND COMMUNITY GROUPS.



**EDUCATORS** - We provide teachers and administrators with professional development linked to practical solutions that promote SEL, restorative systems, and leadership for all.



**FAMILIES** - We provide families with coaching, training, and tools to help their children thrive when they are inside and outside of the home environment.



**COMMUNITY GROUPS** - We provide community groups with the strategies and ideas they need to help the youth in their community excel to their personal highest potential.

## WHAT WE OFFER

### EDUCATORS

- Professional Development Sessions (Conferences, Seminars, and Workshops)
  - Embedded/Suspended Professional Development Sessions
  - Motivational Speaking
  - Presentations For Student Leaders
  - School Assemblies
  - On-site Coaching
  - Virtual Coaching
  - Consulting



### FAMILIES

- Parenting Sessions (Conferences, Seminars, and Workshops)
- Parenting Coaching
- Video Question and Answer Sessions
- Facebook Page
- Resources

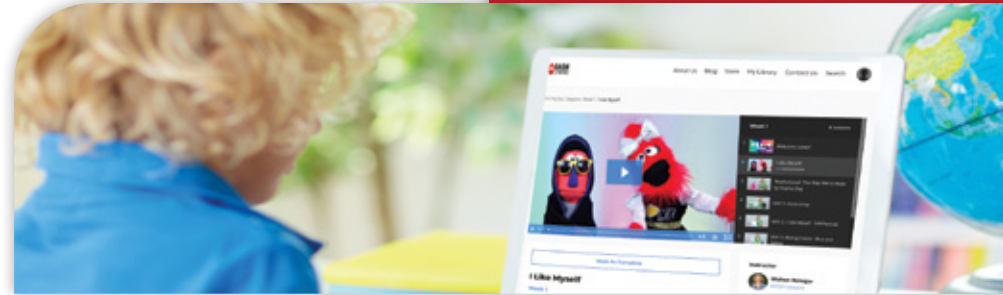


### COMMUNITY GROUPS

- Leadership & Community Connection Sessions (Conferences, Seminars, and Workshops)
- Motivational Speaking
- On-site Coaching
- Video Coaching
- Consulting



## PRE-K PLAY DAY!

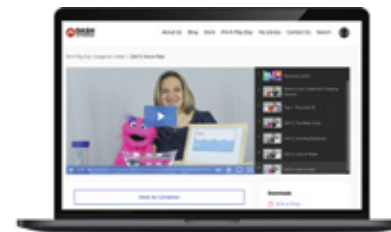


### LEARN TO PLAY AND PLAY TO LEARN

You know when you are at home trying to find the perfect pre-school activities to keep your child in the developmental growth zone, but you don't know where to find what your child needs?

At DASH Upward, we understand how important pre-school education is, and that is why we have developed Pre-K Play Day. Pre-K Play Day is a subscription-based program that equips families with pre-school education from the comfort of their homes. Each week families will receive five video-based lessons with correlating activities and support materials.

### PRE-K PLAY DAY INCLUDES:



- A daily lesson taught by an Early Childhood Professional for your child.
- Correlating hands-on activities are provided each day to help your child retain the information.
- Weekly Parent Pages and instructions are provided to parents to help guide their child through the content each week.

For more information, please contact:  
Michon.Henegar@dashupward.com  
602-501-0454  
[WWW.DASHUPWARD.COM/PREKPLAYDAY](http://WWW.DASHUPWARD.COM/PREKPLAYDAY)





Everything we create is with the intention of nurturing a child's character. Our mission is to equip parents, teachers and caregivers to engage with kids through inspiring entertainment.

nurture LITERACY™ cultivate MENTORSHIP™ inspire CHARACTER™ expand EDUCATION™ enrich ENTERTAINMENT™



[www.MVPKids.com](http://www.MVPKids.com)

Real MVP Kids

@realMVPkids



View our virtual catalog!



# Grow up with our **mvpkids**

All MVP Kids books are available at [www.MVPKids.com](http://www.MVPKids.com), through Baker & Taylor Publishing Services, and all major distributors.

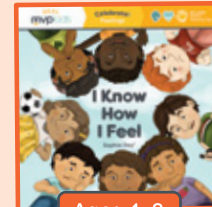
Board Books

Paperbacks

**CELEBRATE!**  
SERIES



Ages 0-6



Ages 4-8



**I Can Be an MVP!**

Ages 2-8

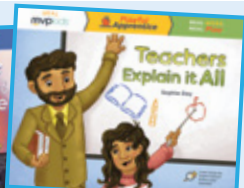


Ages 4-8



**Playful Apprentice**

Ages 4-10



**help me BECOME**  
Early Elementary

Ages 4-10



**MVP KIDS**

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[www.MVPKidsED.com](http://www.MVPKidsED.com)

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