



SyncUP



SyncUP ↑

is an exciting new program addressing health and wellbeing, with a special focus on providing support for students in critical thinking around their personal overall health, wellness and readiness for a healthy lifestyle.



SyncUP ↑ was designed with teachers in mind, to simplify implementation and maximize student engagement!

- Whole Group lessons
- Independent Exercises
- Seamlessly integrates with Google Classroom, Clever and Schoology.



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Ideal for Middle School



NATIONAL HEALTH EDUCATION STANDARDS	
1 HEALTH CONCEPTS <small>related to health promotion and disease prevention to enhance health.</small>	2 ANALYZING INFLUENCES <small>of health, peers, culture, media, technology, and other factors on health behaviors.</small>
3 ACCESSING INFORMATION <small>products and services to enhance health.</small>	4 COMMUNICATION <small>skills to enhance health and avoid or reduce health risks.</small>
5 DECISION-MAKING <small>skills to enhance health.</small>	6 GOAL-SETTING <small>skills to enhance health.</small>
7 SELF-MANAGEMENT <small>to protect health/health-promoting behaviors, e.g., stress and anger management.</small>	8 ADVOCACY <small>for personal, family, and community health.</small>

CDC Centers for Disease Control and Prevention

SyncUP ↑ is based on the US National Health Education Standards for students grades 6-8.

- Health and wellbeing instructional units, organized into 5 target categories: Emotional Health, Mental Health, Physical Health, Social Awareness, Your Environment
- Lesson topics are aligned with the specific indicators for each of the 8 standards
- 3 levels / 5 topics / 27 total lesson topics per grade/skill level
- 324 total student activities

Engages Students!

- The student experience, whether independent or whole group, begins with watching a video addressing the topic of the lesson
- Students then use easy graphic organizers in SyncUP ↑ to explore their new knowledge and feelings
- Finally, students share back with their teacher and/or peers



Read This First! [Google Drive Instructions](#)

SyncUP: Level 1 Video Guide

Wellness Theme: Emotional Health

Topic: Demonstrate refusal and negotiation skills that avoid or reduce health risks.

Student Instructions for Video Activity

1. If you didn't already watch this video in class, watch it one time through, without pausing the video to take notes. If you did watch this video one-time through with the class, proceed to # 2.
2. Refer to the *Video Note Taking* guide as you watch the video a second time. Use this guide to take notes and reflect on what you highlight from the video.
3. To help in the note taking process, pause the video after each minute and write down what stands out for you in that section of the video.
4. Write a video highlight in each of the word web circles.

Video Link: [Refusal Skills](#)

Video Note-Taking Guide: [Refusal Skills](#)

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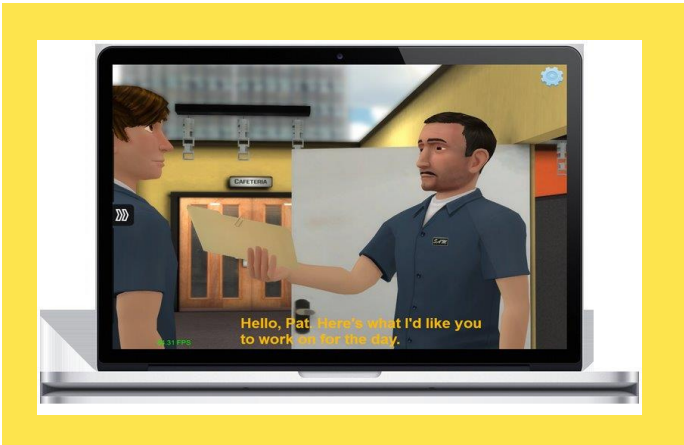


In *Teen Career Path*, learners explore a "day in the life" of 23 careers and learn:

- Workplace Social-Emotional Skills
- Time Management
- Foundational Life Skills
- Typical job tasks
- Career preference analysis

PLUS Life and Career Readiness:

- Now includes over 150 lessons addressing a complete career readiness skills curriculum.
- Each lesson includes three parts for every sector: learning and information, activities to practice concepts and assessments to test knowledge.



Teen Career Path is the first of its kind, animated/interactive career exploration video game experience, funded by *The*



National Science Foundation. Using game-based learning, students explore a "Day in the Life" of over 20 careers, covering 15 job sectors. Recommended general education in middle school and special education high school for transition students.



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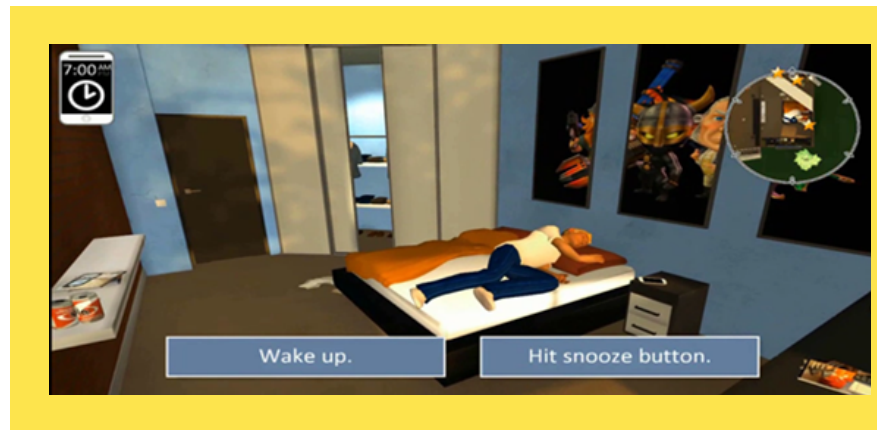
Teen Career Path - Job Sectors:

- Accounting & Auditing
- Arts, Entertainment, Media
- Construction, Trades
- Customer service
- Engineering jobs
- Geoscience
- Health & Social Care
- Information Technology
- Installation, maintenance & repair
- Law enforcement
- Restaurant & Food Service
- Retail and Wholesale
- Sales
- Science & Research
- Warehousing & distribution



How Teachers Benefit:

- Flexible teaching options
 - 1:1 Tutoring
 - Whole/Small groups
 - Home/remote
- Aligns with IEP/ ITP Goals
- Provides powerful reporting tools
- Seamlessly integrates with Google Classroom, Clever and Schoology.



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The Social Express is an animated, interactive, and research based Social-Emotional Learning (SEL) program which allows users an opportunity to learn and practice foundational social skills for future success. Used currently in over 900 school districts and growing every day. May be accessed in any learning environment: at school, at home, after school, and remote.



- ***The Social Express*** provides direct instruction on key SEL skills for ALL students, including students with special needs in both self-contained and/or inclusion learning models.
- Aligned with CASEL standards for Social-Emotional Learning.
- Design is based on Universal Design of Learning (UDL), offering multiple types of learning methods including online and offline activities.
- Teaches students how to think about and manage social situations, through clever simulations and interactive video modeling.



Watch a Social Express Webisode

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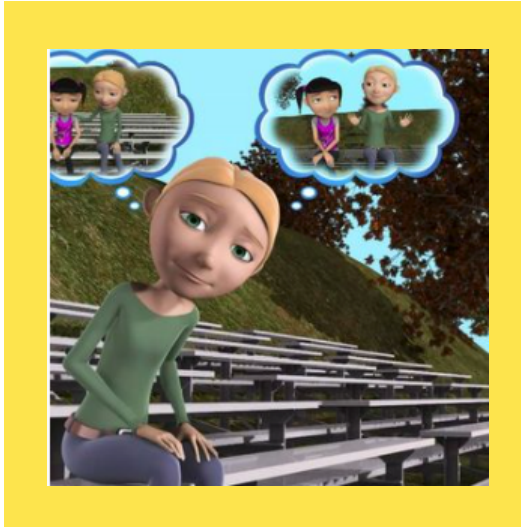


How Students Benefit:

- Learning how to Identify feelings in others
- Understanding the importance of "eye contact" when talking with someone
- Reading non-verbal social cues
- Identifying appropriate coping strategies
- Learning how to start conversations
- Learning how to be part of a group
- Learning about the hidden rules in social situations
- Watching social situations unfold and see how behavior can have negative or positive consequences

How Teachers Benefit:

- Flexible teaching options
 - 1:1 Tutoring
 - Whole/Small groups
 - Home/remote
- Aligns with IEP Goals
- Provides powerful reporting tools
- Includes offline materials paired with the webisodes, lesson plans, data tracking, and reports
- Seamlessly integrates with Google Classroom, Clever and Schoology.



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Unique Professional Development



Trauma and Restorative Practices



In this workshop, participants will learn:

- How trauma affects the brain
- The emotional responses to trauma
- Effective strategies to respond to trauma triggers.

SEL and Equity



In this workshop participants will explore:

- The basic foundations of social emotional learning, with a focus on how SEL supports equitable environments.

All Kids are Good Kids



In this workshop participants will explore:

- Making Connections between chronic behavior, trauma, shame and lack of optimism
- Setting up strengths-based environments



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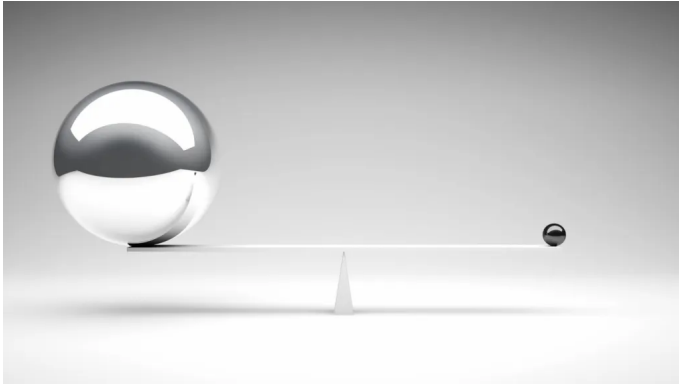
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Unique Professional Development



Becoming Tiny



In this workshop participants will explore:

- How to transition from the largest presence in the room to the smallest
- Creating a balance to boost confidence and help everyone to have a voice
- Positive outcomes in creating environments focused on community

F.O.C.U.S Learning

Facilitating Opportunities for Community Understanding of Social Emotional Well-being



- Workshop series for CE Units
- Laser focus on trauma, restorative practices, and SEL
- Opportunities for specific strategy alignment in implementation
- 7.5 hours virtual learning sessions
- 7.5 hours independent practice



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Cool School is a research-based advanced social-emotional learning curricular program where students learn how to build healthy relationships with their peers. Students learn how their behaviors and actions impact the people and social climate around them.



Cool School is a 24-week curriculum which uses video-modeling and interactive learning to allow elementary students to experience an authentic situation in a risk-free environment before generalizing the skills in re-world environment.



Watch a Cool School Webisode

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Ideal for Schoolwide



How Students Benefit:

- Engages students with clever interactive simulations that have relatable characters
- Students engage in learning by experimenting with options, and analyzing impact of the outcomes
- Gives students the opportunity to earn badges and certificates, as it reinforces positive behaviors
- Applies to general education students and special education students in grades 4th-5th+
- Supports school-wide bullying prevention



How Teachers Benefit:

- Flexible teaching options
 - scope and sequence
 - 1:1 Tutoring
 - Whole/Small groups
 - Home/remote
- Provides powerful reporting tools
- Includes offline materials paired with the webisodes, lesson plans, data tracking, and reports
- Seamlessly integrates with Google Classroom, Clever and Schoology.



Week #	Level 1 (~ Grades K-2)	Level 2 (~Grades 3-4)	Level 3 (~Grades 5+)
1	Introductory Week		
2	Exclusion on the Playground	Changing the Rules	Riding the Bus Ronnie is Hard-of Hearing
3	Bullied Because of Height	Bullied for Being Adopted	Demanding Lunch Money Cyberbullying
4	Trouble at Recess	Caught in the Middle	Teasing a New Student Spreading Rumors Online
5	Taking Turns in Gym Class	Helping a Friend with Special Needs	Girls Bullying Girls Special Accommodations
6	She Has Cooties!	Broken Home	Different Families Bumped and Bullied

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