



EAFK Curriculum Upgrade Overview 2022-2023 School Year

Description

Character Education has been the main academic focus of EAFK since 2006. We are now adding SEL (social/emotional learning) to our instruction material in order to help students acquire life skills needed to adapt to our changing world.

Character Education primarily focuses on developing morally responsible individuals. SEL, however, goes further by teaching students the importance of qualities such as being self-aware, developing relationships and making appropriate, responsible, and practical decisions. SEL also provides opportunities for individuals to understand *why* they have the perspective they do and helps form their values and beliefs.

SEL Core Skills Being Employed

- 1. Self Awareness** - *Recognition* of one's emotions, goals and values
- 2. Self Management** - *Regulation* of one's emotions and behaviors
- 3. Social Awareness** - Understanding and compassion for others' cultures
- 4. Relationship Skills** - Establish and maintain healthy relationships
- 5. Responsible Decision-Making** - Making positive choices involving one's behavior

Curriculum Traits

** - Indicates New or Evolving trait*

1. Compassion (is now Empathy*)

The dynamics of developing a deep awareness of the suffering of another accompanied by the will to relieve it

2. Discipline (is now Self-Discipline*)

Training and control of oneself and one's conduct, typically for personal improvement

3. Friendliness (is now Kindness*)

Enhancing the state or quality of being kind; showing good will; benevolence; or beneficence of action of manner

4. Honesty (is now Integrity*)

Encouraging the qualities of truthfulness and sincerity

5. Tolerance (is now Acceptance*)

The capacity for, or the practice of, recognizing and respecting the beliefs or practices of others without compromising one's own

6. Kindness*

The sincere and voluntary use of one's time, talent and resources to better the lives of others, one's own life and the world

7. Courage*

The state or quality of mind or spirit that enables one to face danger, fear, or vicissitudes with self-possession, confidence and resolution; bravery

8. Integrity*

The quality of steadfast adherence to a strict moral code; doing what you said you would do

9. Confidence

Creating the belief or conviction that an outcome will be favorable

10. Trustworthiness (will be integrated into “Integrity and “Responsibility”)
The state or quality of being reliable

11. Perseverance
Developing steady persistence in adhering to a course of action, a belief or a purpose

12. Respect
To feel or show deferential regard for others; esteem or admiration

13. Responsibility
The quality of being responsible, accountable, or answerable

14. Service
Contribution to the welfare of others

15. Citizenship
The state of being vested with the rights, privileges and duties of a citizen; the character of an individual as a member of society

New SEL Lessons and Exercises

1. Recognizing and processing emotions
Learning how to understand, make sense of, and deal with emotions in healthy, productive ways

2. Anger management
How to process anger; development of qualities such as thinking before speaking, calmly expressing concerns, and listening

3. Conflict resolution
Developing the process by which two or more parties can reach a peaceful resolution to a dispute

4. Communication skills
Learning to listen, and then being concise with your message in as few words as possible. Techniques such as making eye contact while speaking, listening, being polite, proper greetings, making introductions and other social qualities are discussed

5. Acknowledging diversity

Affirming people and recognizing their differences without feeling like you must compromise your own

6. Coping skills/managing stress

Developing the thoughts and behaviors we engage in that help us manage distressing situations. Anti-bullying and cyber-bullying strategies are discussed.

7. Curiosity

Encouraging inquisitive thinking such as exploration, investigation, and learning, evident by observation in others

8. Self-awareness

Developing the ability to see oneself clearly and objectively through reflection and introspection

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