

Ages  
2-6

SOPHIA DAY'S<sup>®</sup>

instill<sup>®</sup>  
SEL

with MVPkids<sup>®</sup>

Instill Character<sup>®</sup>



## Did you know?

**The US Surgeon General declared a youth mental health public health crisis in 2021.<sup>1</sup>**

**1 in 4 youth have clinically elevated symptoms of depression.<sup>2</sup>**

**Children's mental health is parent's #1 concern.<sup>3</sup>**

**Early childhood experiences affect longterm health and learning.<sup>4</sup>**

**Nearly 1 in 3 girls (30%) seriously considered attempting suicide—up nearly 60% from a decade ago.<sup>5</sup>**

<sup>1</sup>Vivek H. Murthy, M.D., M.B.A. Protecting Youth Mental Health. The U.S. Surgeon General's Advisory. U.S. Public Health Service. <https://hhs.gov/>.

<sup>2</sup>Racine N, McArthur BA, Cooke JE, Eirich R, Zhu J, Madigan S. Global Prevalence of Depressive and Anxiety Symptoms in Children and Adolescents During COVID-19: A Meta-analysis. *JAMA Pediatr.* 2021;175(11):1142–1150. doi:10.1001/jamapediatrics.2021.2482

<sup>3</sup>Rideout, V., Peebles, A., Mann, S., & Robb, M. B. (2022). *Common Sense census: Media use by tweens and teens*. 2021. San Francisco, CA: Common Sense.

<sup>4</sup> Minkin, R., Horowitz, J. M., & Nadeem, R. (2023, January 31). *Parenting in America Today*. Pew Research Center's Social & Demographic Trends Project. <https://www.pewresearch.org/social-trends/2023/01/24/parenting-in-america-today/>

<sup>5</sup>Centers for Disease Control and Prevention. (2023, February 13). *U.S. teen girls experiencing increased sadness and violence*. Centers for Disease Control and Prevention. Retrieved February 17, 2023, from <https://www.cdc.gov/media/releases/2023/p0213-yrbs.html>



## Why Instill SEL?

As educators, we struggle to find fun and engaging SEL tools and programs that can be implemented easily and consistently without embedded social, political, or religious influences. Using our knowledge, direct classroom experience, and feedback from teachers across the globe, we thoughtfully designed Instill SEL to overcome common challenges of effective implementation.

¡También disponible  
en español!



# Social and Emotional Learning That . . .

- ✓ Adapts to student needs.
- ✓ Celebrates diversity.
- ✓ Enhances your curriculum.
- ✓ Focuses on universal content and tools.
- ✓ Reduces prep time.
- ✓ Transfers year to year.
- ✓ Builds strong relationships.



*Adapts to student needs.*

Concepts taught through music, creative art, movement, puppets, and pretend play create strong habits that form long-term thought patterns, attitudes, and actions.



*Celebrates diversity.*

MVP Kids provides a world where children can see themselves and also learn from others who are different.



*Enhances your curriculum.*

Instill SEL is built on the theories and research behind CASEL's five core competencies, making it easily integrated into your current core/comprehensive curriculum.



*Reduces prep time.*

Instill SEL requires very minimal prep time for educators who want to spend more time teaching and less time planning.





*Transfers year to year.*

Instill SEL is a one-time purchase, allowing educators to implement the curriculum year after year without additional cost.



*Builds strong relationships.*

Instill SEL equips teachers and families with social-emotional learning tools and through provided parent letters, families can practice specific lessons at home.



**Focuses on universal content and tools.**

In a world full of divisive topics, Instill SEL is designed for every environment, whether public, private, charter, or homeschool.



## Welcome to the World of MVP Kids®!

*Our focus is to positively impact the lives of  
young children by providing them with skills:*

**To understand  
and manage  
their emotions.**

**Respect themselves,  
others, and  
the environment.**

**Show  
compassion  
for others.**

**Have positive  
relationships.**

**Make confident  
choices.**



## What is Instill<sup>®</sup> SEL?

*We provide relevant social and emotional learning (SEL) tools for children ages two to six years old with*

- ✓ A multi-disciplinary approach
- ✓ A clear plan of implementation and resources



## Curriculum Scope



### *CASEL's Five Core Competencies –*

1. Responsible decision-making
2. Self-awareness
3. Self-management
4. Social awareness
5. Relationship skills

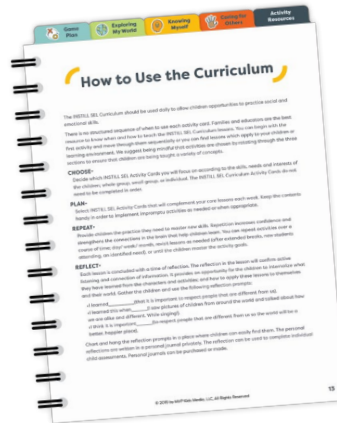
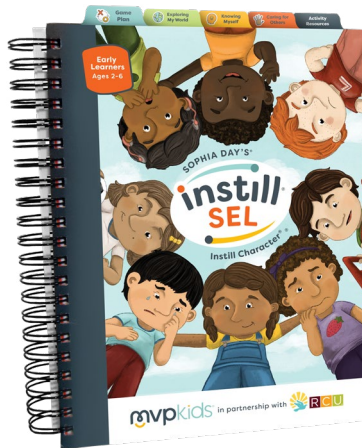
# Curriculum Contents



*¡También disponible en español!*

# Curriculum Contents

## NOTEBOOK



### Notebook:

- 5 tabbed sections
- 80+ lessons
- Easel design for hands-free use

### Game plan:

The teacher guide for curriculum implementation and success

### Lesson activities:

Easy-to-implement learning goals, materials, preparation, instructions, puppet scripts, and songs



# Curriculum Contents

## NOTEBOOK



**Family Messages:**  
Home-school connections for reinforcing the lessons at home



**Activity resources:**  
Hard copies of reproducible materials and digital versions available



**Assessment tool:**  
Gauge children's progress in social and emotional competencies and provide clear feedback

# Curriculum Contents

## PLUSH PUPPETS



Eight plush puppets represent our MVP Kids and are integral to puppet activities (included in Gold Package).

# Curriculum Contents

## CLASSROOM TOOLS



**MVP Kids books:**  
Several titles are included that are mentioned within the lessons

**Values display:**  
Display cards to provide classroom expectations established in the activities

**Positivity posters:**  
Posters featuring each of the eight MVP Kids puppets along with personalizable templates for students

# Curriculum Contents

## CLASSROOM TOOLS



**Emotion cards:**  
Sixteen cards displaying a variety of emotions



**Solve It! Cards:**  
Action cards provide children with ideas for solving conflict



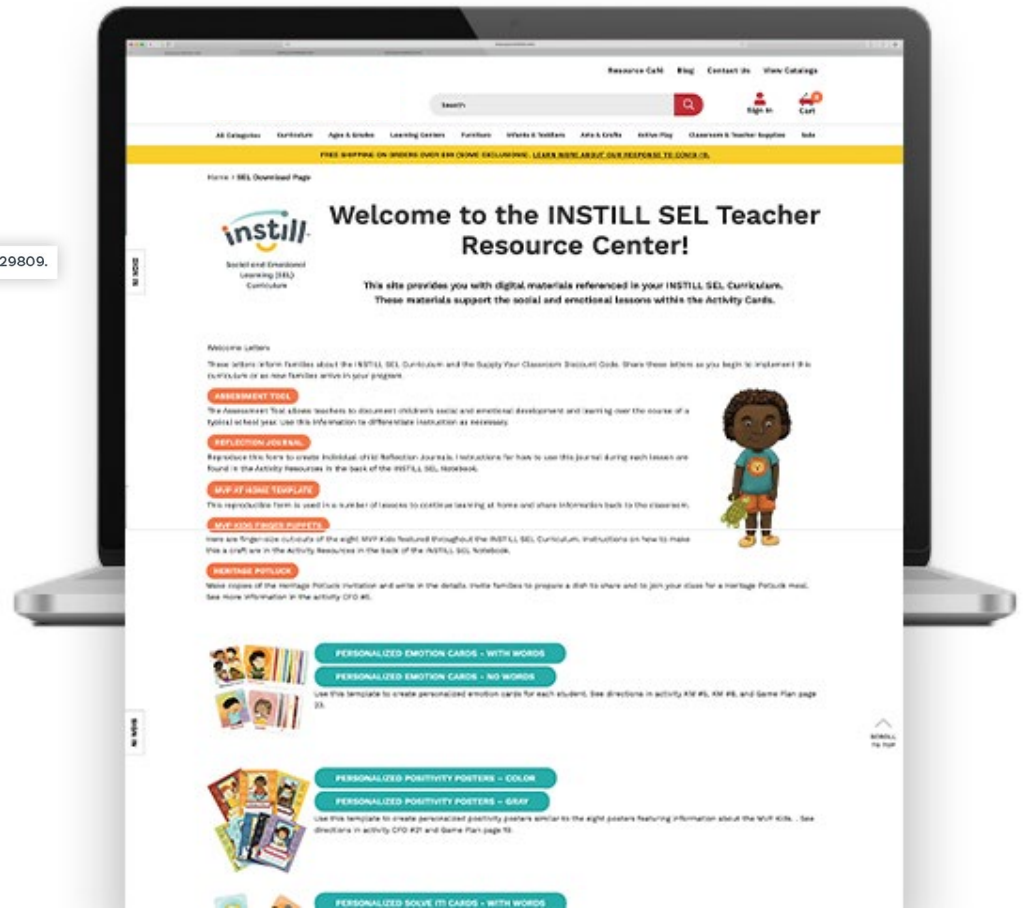
**Audio tracks:**  
Songs featured in the activity cards which are shared with families for home use

# Curriculum Contents

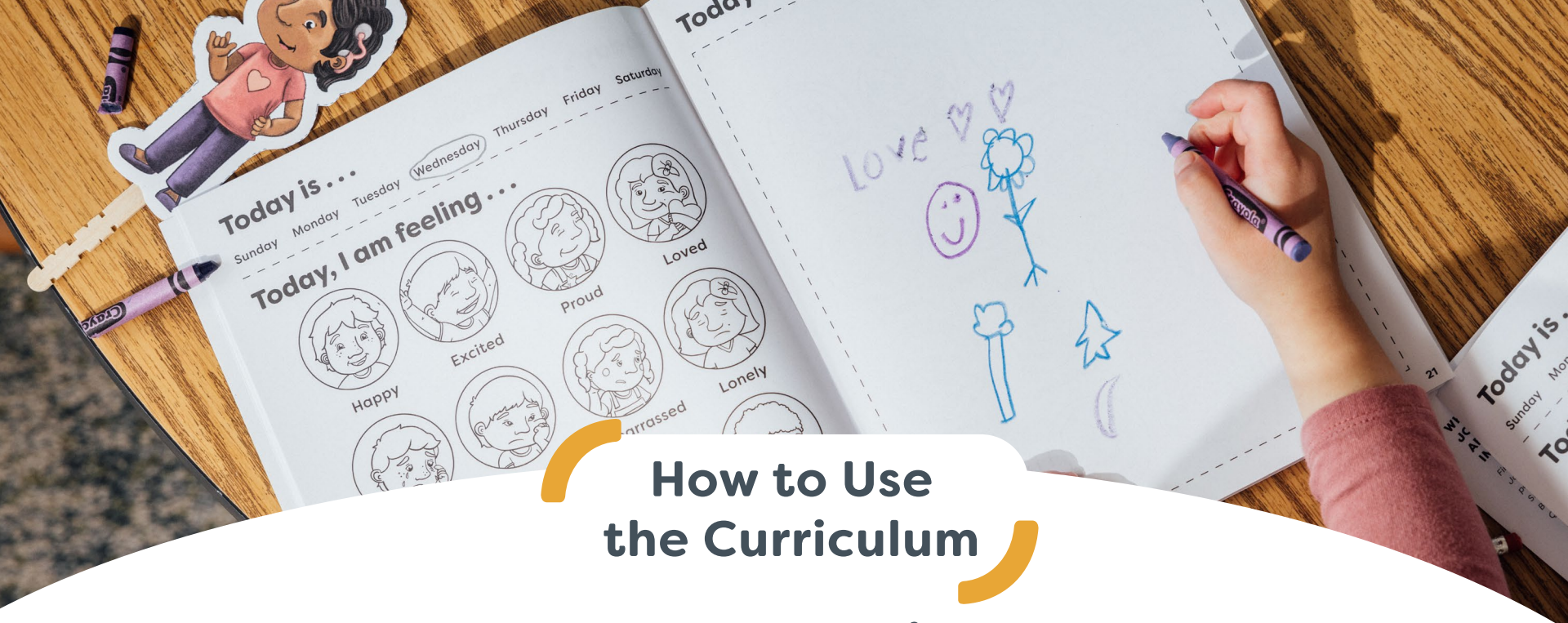
## ONLINE RESOURCES



To access your free digital audio tracks, family letters, and activity resources, visit [www.shopbecker.com/instillSEL/429809](http://www.shopbecker.com/instillSEL/429809).



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



## How to Use the Curriculum

There is no structured sequence for when to use each activity card. Families and educators are the best resource to know when, how, and what SEL to teach.

### ✓ Choose

Decide which activity you will focus on according to the skills, needs, or interests of children

### ✓ Plan

Select activity that compliment your core lessons or theme

### ✓ Repeat

Provide children with the practice they need to master new skills over time (day/week/month)



## What Teachers are Saying



“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*

“MVP Kids products are unique and stand out because they are built upon diverse and multicultural characters. These products also offer parents, teachers, and caregivers various ways to bond with children while helping kids become kind citizens and providing them with the necessary tools to cope with life’s challenges. A valuable acquisition for any parent or teacher.”

*Angélica M. Martínez,  
Bilingual Specialist, EFL Teacher,  
& Translator*

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.*

Also available!

## Instill SEL at Home



Equip children at home with our simple and effective program that provides families with tools and strategies to support:

**DECREASED  
FRUSTRATION**

**LESS  
CHALLENGING  
BEHAVIORS**

**BETTER  
COMMUNICATION**

**STRONGER  
RELATIONSHIPS**

*¡También disponible  
en español!*





Thank you for what you do. You are  
an MVP (most valuable person)  
for helping us instill character in  
the hearts and minds of children.

Instill Character®