

Welcome to the Soul Education Curriculum Starter Pack, Teaching from the inside out to nurture emotional resilience and empathy in children.

Module 1: Managing Personal Energy for Inner Balance

Objective: Balance emotional and mental energy for resilience.

Sessions: 6-8.

Activities:

- Daily energy check-ins with journaling.
- Recharge rituals like breathing and affirmations.
- Energy-sharing group exercises.

Prompts: "What boosts your inner light? How can you sustain it?"

New Additions: Incorporate the "Light Inside Us Adventure" story as a recurring motif; add energy audits for home application.

Resources: Kid-friendly yoga videos on YouTube.

Module 2: Mindfulness and Stillness

Objective: Cultivate presence to counter noise and foster self-trust.

Sessions: 6-8.

Activities:

- Guided meditations and sensory walks.
- Mindful eating or drawing exercises.
- Partner listening practices.

Prompts: “What thoughts arise in stillness? How does it change your day?”

New Additions: Add progressive relaxation techniques; incorporate tech-free challenges.

Resources: Apps like Headspace for kids.

Module 3: Forgiveness and Compassion

Objective: Develop empathy to transform conflicts into growth.

Sessions: 6-8.

Activities:

- Forgiveness letter writing.
- Compassion role-plays and kindness challenges.
- Group discussions on real-life examples.

Prompts: "What holds you back from forgiving? How does compassion feel?"

"New Additions: Include peer mediation simulations; measure with forgiveness journals.

Resources: Videos from Greater Good Science Center.

Module 4: Self-Knowledge and Reflection

Objective: Encourage deep self-discovery for inner strength.

Sessions: 6-8.

Activities:

- Strengths mapping and vision boards.
- Reflective storytelling.
- Goal-setting workshops.

Prompts: “What values define you? How have challenges shaped you?”

New Additions: Add personality quizzes (neutral versions); track with reflection portfolios.

Resources: Journal templates from [PositivePsychology.com](https://www.positivepsychology.com).

Module 5: Building Belonging and Community

Objective: Foster connections for a sense of value and inclusion.

Sessions: 6-8.

Activities:

- Collaborative art projects.
- Community service mini-tasks.
- Belonging circles with sharing.

Prompts: “What makes a group feel safe? How do you contribute?”

New Additions: Include diversity appreciation activities; evaluate with group feedback surveys.

Resources: Guides from Learning for Justice.

Module 6:

1: Emotional Awareness

Objective: Build skills to identify, express, and manage emotions for processing grief and healing wounds.

Sessions: 6-8 (45 minutes each).

Activities:

- Emotion charades and journaling.
- Role-playing scenarios for empathy building.
- Group sharing circles with emotion wheels.

Prompts: "How does this emotion show up in your body? What helps you shift it?"

New Additions: Include a "emotion toolkit" creation activity; track progress with weekly mood logs.

Resources: Free emotion charts from CASEL.org

“The Light Inside Us Adventure”

Once upon a time, in a bustling town full of bright lights and noisy streets, there lived a young explorer named Alex. Alex had a special secret: deep within, like a warm glow, was the light inside us—a shining energy that powered their curiosity, kindness, and courage. But some days, the light dimmed. Too much rushing around, worries from school, or arguments with friends would fade it, leaving Alex feeling tired and foggy.

One sunny afternoon, Alex discovered a quiet park and sat under a big tree. “How can I brighten my inner light?” Alex wondered. Remembering wise words from a teacher, Alex tried a simple trick: taking deep breaths, like fanning a gentle flame. In... out... in... out. With each breath, Alex thought of happy things—a favorite game, a hug from family, or a silly joke. Slowly, the light inside grew brighter, filling Alex with new energy!

Energized, Alex shared the light with friends by listening to their stories and playing together. They learned that everyone’s inner light is unique, but we all need to care for it—by resting, reflecting, and choosing what makes it shine. From then on, Alex’s adventures were even more exciting, because a balanced light meant feeling strong, connected, and ready for anything.

Reflection Prompt (to tie into module): “What dims or brightens the light inside you? How can you recharge it like Alex?”