![Photon]

Social-Emotional Learning Teaching Kit

A set of activities to support the social-emotional development of children ages 6-11. The interactive Photon Robot and the accompanying teaching aids help children engage in dedicated activities, learn more effectively, and gain new skills.

What's in the Kit:

- 1x Photon Robot
- 50x lesson scenarios
- 1x Educational mat (grid)
- 1x Educational mat (storytelling)
- 1x Educational cube
- 50x Popsicle sticks
- Flashcards (5 sets)

Why Social-Emotional Learning Kit?

We believe it is our duty to make sure that children grow to be happy and perfectly functioning adults. That's why all activities in the Kit are based on the leading Social Emotional Learning methodology developed by CASEL (Collaborative for Academic, Social, and Emotional Learning). With this Kit, students are going to learn how to deal with difficult situations, function better in family, school, and society as a whole. They are also going to learn how to deal with aggression, stress, and negative emotions and understand the importance of teamwork, self-discipline, and mutual respect.

Fifty activity ideas allow for the development and improvement of the following:

Self-awareness

Activities will help students recognize their strengths and weaknesses and build self-confidence.

Self-management

Students will learn how to handle stress and pursue personal and group objectives. They will also learn how to plan individual and group activities.

Social Awareness

Exercises include, but are not limited to, teaching students to properly display respect, concern, empathy, gratitude, and compassion.

Social and Relationship Skills

Exercises include learning effective communication, active listening, group work & problem-solving, as well as interacting in socially and culturally foreign environments.

Decision-making Skills

Teach students to anticipate and evaluate the consequences of their actions. Improve their critical thinking, personal and social problem solving, curiosity, and openness.

Title and Description	SEL Competency and Description	
Social Identities An activity to improve integrating personal and social identities.	**Self-awareness**	Integrating personal and social identities
My Culture An activity to develop a positive self-image about one's culture.	**Self-awareness**	Identifying personal, cultural, and linguistic assets
Me and My Emotions An activity to improve understanding and naming emotions.	**Self-awareness**	Identifying one's emotions
Emotions as Weather An activity to help children understand and name emotions.	**Self-awareness**	Identifying one's emotions
Mindfulness With the Photon Robot An activity to focus on group integration.	**Self-awareness**	Identifying one's emotions
Find the Same Feeling An activity to improve the ability to read feelings and emotions.	**Self-awareness**	Identifying one's emotions
Honesty An activity to develop honesty and integrity.	**Self-awareness**	Demonstrating honesty and integrity
Musical Chairs An activity to improve children's understanding of other people's needs and emotions.	**Self-awareness**	Examining prejudices and biases
My Interests An activity to improve children's ability to share their interests with others.	**Self-awareness**	Developing interests and a sense of purpose
Growth And Fixed Mindsets An activity to improve growth mindset.	**Self-awareness**	Having a growth mindset

Title and Description	SEL Competency and Description	
Ways to Cope With Stress An activity that helps to improve the ability to cope with negative emotions.	**Self-management**	Identifying and using stress management strategies
Asking for Help An activity to improve stress-management strategies.	**Self-management**	Identifying and using stress-management strategies
A Signalist An activity to improve children's attentiveness.	**Self-management**	Exhibiting self-discipline and self-motivation
Positive Thinking – That's My Strength An activity that aims to improve self-awareness and understanding of how positive thinking affects our mood.	**Self-management**	Exhibiting self-discipline and self-motivation
My Decisions An activity to improve self-discipline and self-motivation.	**Self-management**	Exhibiting self-discipline and self-motivation
My Goals An activity to improve the ability to set personal and collective goals.	**Self-management**	Setting personal and collective goals
Getting Organized An activity to improve planning and organization skills.	**Self-management**	Using planning and organization skills
Showing Courage An activity to improve one's ability to take initiative.	**Self-management**	Showing the courage to take initiative
Storytelling Choices An activity to demonstrate one's personal and collective agency.	**Self-management**	Demonstrating personal and collective agency
Talking About Emotions An activity to improve naming and understanding of other people's needs and emotions.	**Social Awareness**	Taking others' perspectives

Title and Description	SEL Competency and Description	
Happy Feelings An activity to improve attentiveness, and understanding of other people's needs and emotions.	**Social Awareness**	Taking others' perspectives
Taming Negative Emotions An activity to improve attentiveness, and understanding of other people's needs and emotions.	**Social Awareness**	Taking others' perspectives
I Like You for... An activity to improve attentiveness and empathy.	**Social Awareness**	Recognizing strengths in others
Class Detectives An activity to improve the skill of building a positive self-image and developing the ability to name one's strengths and weaknesses.	**Social Awareness**	Recognizing strengths in others
School Opportunities An activity to recognize situational demands and opportunities.	**Social Awareness**	Recognizing situational demands and opportunities
Showing Kindness An activity to improve the ability to demonstrate empathy and compassion.	**Social Awareness**	Demonstrating empathy and compassion
Caring for My Friends An activity to improve one's ability to show concern for the feelings of others.	**Social Awareness**	Showing concern for the feelings of others
I Am Grateful for An activity that helps to develop the ability to express gratitude.	**Social Awareness**	Understanding and expressing gratitude
For Goodbye An activity to practice the ability to draw conclusions, express gratitude, and reflect on the strengths of other children.	**Social Awareness**	Understanding and expressing gratitude
School Community Gratitude An activity to improve the ability to understand and express gratitude.	**Social Awareness**	Understanding and expressing gratitude

Title and Description	SEL Competency and Description	
Considering Others An activity to improve one's ability to identify diverse social norms, including unjust ones.	**Social Awareness**	Identifying diverse social norms, including unjust ones
Tour of Town An activity to develop an awareness of how organizations influence behavior.	**Social Awareness**	Understanding the influences of organizations/systems on behavior
Interview An activity to improve the ability to demonstrate cultural competency.	**Relationship Skills**	Demonstrating cultural competency
Photon the Wizard An activity to improve teamwork skills and problem-solving skills in a team.	**Relationship Skills**	Practicing teamwork and collaborative problem-solving
Solving Problems An activity to improve the ability to resolve conflicts constructively.	**Relationship Skills**	Resolving conflicts constructively
Resisting Negative Social Pressures An activity to improve the ability to resist negative social pressure.	**Relationship Skills**	Resisting negative social pressure
I Can Lead An activity to improve the ability to demonstrate leadership in groups.	**Relationship Skills**	Showing leadership in groups
Seeking Help An activity to improve seeking or offering help when needed.	**Relationship Skills**	Seeking or offering support and help when needed
Stopping Bullies An activity to improve the ability to stand up for the rights of others.	**Relationship Skills**	Standing up for the rights of others
An Open Mind An activity to improve the ability to demonstrate curiosity and open-mindedness.	**Responsible Decision-making**	Demonstrating curiosity and open-mindedness

Title and Description	SEL Competency and Description	
What Do You Prefer? An activity to improve decision-making skills and self-awareness.	**Responsible Decision-making**	Learning how to make a reasoned judgment after analyzing information, data, and facts
Making Decisions An activity to improve the ability to make reasoned judgments after analyzing information, data, and/or facts.	**Responsible Decision-making**	Learning how to make a reasoned judgment after analyzing information, data, and facts
We Are the Future of the World An activity to promote positive social attitudes.	**Responsible Decision-making**	Identifying solutions for personal and social problems
Tell a Tale An activity to develop storytelling skills and understanding emotions.	**Responsible Decision-making**	Identifying solutions for personal and social problems
Problem – Solution An activity to improve decision-making skills and problem-solving skills.	**Responsible Decision-making**	Identifying solutions for personal and social problems
Social Justice Speeches An activity to improve the ability to identify solutions for social problems.	**Responsible Decision-making**	Identifying solutions for personal and social problems
My Actions An activity to improve the ability to anticipate and evaluate the consequences of one's actions.	**Responsible Decision-making**	Anticipating and evaluating the consequences of one's actions
Problem Solving Outside School An activity to improve the ability to recognize how critical thinking skills are useful both inside and outside of school.	**Responsible Decision-making**	Recognizing how critical thinking skills are useful both inside & outside of school
Community Wellbeing An activity to improve the ability to reflect on one's role to promote personal, family, and community wellbeing.	**Responsible Decision-making**	Reflecting on one's role to promote personal, family, and community well-being
Things Beyond My Control. Things Within My Control An activity to help children realize that we cannot control everything.	**Responsible Decision-making**	Evaluating personal, interpersonal, community, and institutional impacts

How to work with the Kit

We always recommend buying one Kit for 5-6 students. The more Kits in class, the more possibilities you get to conduct engaging classes.

The teacher receives a box containing the robot, dedicated accessories, and a set of fifty activity ideas. Moreover, each activity can be carried out with the same group of students many times over. The accessories such as Checkered and Educational Mats make the activities more exciting, while the colorful drawings stimulate the students' imagination. There is also an educational cube, name sticks, and five sets of flashcards available for the group to use. After taking their places on the mat, students begin to work with the robot. Accessories make an excellent addition, making learning more fun and effective. Such a structured activity, full of stimuli and colors, ensures full engagement and enthusiasm of the children.

Since many exercises require the entire class to work in groups, it is best to use the Kit in a classroom setting. It is worth considering purchasing two sets to increase students' comfort when working individually or in pairs. The teacher should initially mediate the students' work by supporting them and providing feedback. At first, it may also be wise to involve a supporting teacher, school counselor, or psychologist. As students gain more experience, they can work with two kits in parallel with one teacher's support.

Target group: 6-11 years old   **Activity type:** individual / group

Scenario: Emotions as weather

An activity to help children understand and name emotions.

⭐ **SELF-AWARENESS**

Goals:

- To recognize and name basic emotions
- To practice team sharing
- To improve programming skills with a robot

Control interface:

- Photon Joystick / Photon Draw / Photon Badge

Required items:

- The Photon Robot
- Square exercise mat (plain grid)
- Flashcards with weather symbols (Emotions and characters)
- Worksheet "Weekly Emotion Observation Calendar"

Activity preparation:

- Place the mat on the floor. Place the weather-related images on the mat.

Activity:

- Ask the children to sit in a circle. Begin by asking, one child at a time, to program the robot to indicate a weather symbol representing the child's mood on that day.
- The child sets the color of the ears and the sound the robot should play. Then ask the child to tell everyone how they feel today.

Note: You could introduce a "Weekly Emotion Observation Calendar." on a shared worksheet/board, children could draw a weather symbol representing their main emotion each day (they could also add a caption). Then on Friday, you could sit together to recap the week to find out which emotions were felt most of the time.

This exercise, or a similar format, could be a universal tool to recap/assess the outcome of a specific teaching method or activity day.

Scenario: Showing kindness

An activity to improve the ability to demonstrate empathy and compassion.

⭐ SOCIAL AWARENESS   RELATIONSHIP SKILLS

SELF-AWARENESS   SELF-MANAGEMENT

RESPONSIBLE DECISION-MAKING

Goals:

- To improve the ability to show empathy
- To practice showing others kindness
- To improve programming skills with a robot

Control interface:

- Photon Joystick / Photon Draw

Required items:

- The Photon Robot

Activity preparation:

- Please prepare a suitable space for this activity.

Activity:

- Ask the children to sit in a circle on the floor. Place the Photon Robot in the middle of the circle.
- Ask for a volunteer. Tell the child to drive the Photon Robot to someone else in the circle. The child programs Photon to turn a color (or sound) that represents the person they drove up to. Ask the child to explain why that color describes the other child.
- When done, the person receiving the compliment controls the Photon Robot and repeats the process.
- Continue until all children participate in the activity.
- At the end of the activity, discuss the exercise with the children. Ask the children:
- What did you learn about yourself?
- Why is it important to show kindness to others?
- How did you feel when you received kindness?

Scenarios: Tell a tale

An activity to develop storytelling skills and understanding emotions.

⭐ **RESPONSIBLE DECISION-MAKING**

SELF-AWARENESS   **SELF-MANAGEMENT**

SOCIAL AWARENESS   **RELATIONSHIP SKILLS**

Goals:

- To develop storytelling skills
- To recognize and name basic emotions
- To improve programming skills with a robot

Control interface:

- Photon Joystick / Photon Draw / Photon Badge
- Required items:
- The Photon Robot
- Educational mat *(storytelling)*
- 6 flashcards depicting various situations (e.g., snatching toys, knocking down others' blocks, ridiculing, hitting, standing on the side while two others play, gossiping and trash in a river, unsorted waste, toxic factory fumes, a littered park) *(Situations, attitudes, stress management; Objects and places)*
- Name sticks – sticks with children's names written on them
- Educational cube

Activity preparation:

- Record a short audio greeting and make it available in the Photon sound library.
- Unfold the colored educational mat on the floor. Use the educational cube to insert selected flashcards.

Activity:

- Children sit in a circle on the floor. Turn the robot on and play the greeting. Children greet the robot by saying, **"I am happy today because...".**

- After the greeting, start off with a short story:

> One day the Photon Robot decided to build a castle out of blocks. It took some time, and the robot almost finished the castle, but there was one building block missing. The robot searched the whole place, looked everywhere, but couldn't find the missing block. It really wanted to make the castle perfect but simply couldn't do it without this one piece. Angered, the robot drove with full force into the unfinished construction. It destroyed the castle, letting all the blocks scatter in every direction.

- Program the Photon Robot so that it drives up to the "Building with blocks" field. Once there, the robot should change its ears to red and play the sound of anger. Then ask the children:
  - What does the robot feel?
  - What could it have done differently in this story? Could it solve the problem differently?
- Use the name sticks to draw a name. The child's task is to roll the educational cube to draw an image and then tell a short, several sentences-long narrative related to the drawn image. Once finished with the story, ask the child to choose a field on the mat, and program the robot's route on the tablet.
- The robot should drive up to the chosen field on the mat. Once there, change the color of its ears to represent the main emotion in the told story.
- In the end, ask the children:
  - What emotions or feelings accompanied the robot in this story?
  - If these were negative emotions, how can we help the robot deal with them?