



Emozi® PreK–Grade 2 – Mini-Strategy Library

Quick strategies to help young learners practice self-regulation, cooperation, and empathy.

Pacing Adjustments

- Keep lessons short (10–15 minutes) with movement breaks.
- Split storytime and activity across the day (e.g., story in the morning, activity in the afternoon).
- Use visual countdowns and songs for transitions.

Engagement Boosters

- Use puppets (Ollie and friends) to introduce or review skills.
- Give students helper roles (“poster pointer,” “strategy leader”).
- Call-and-response cues (Teacher: “HALT!” Students: “HOOT–HEART!”).

Behavior Support

- Pre-teach listening expectations (“hands in lap, eyes on speaker”).
- Provide choices (“Do you want to act out STAR or draw it?”).
- Use HALT–HOOT–HEART when frustration arises.

Embedding Emozi® Language

- Morning meeting: “Today we’ll practice using our HEART to show kindness.”
- Lining up: “Remember to HALT and wait your turn.”



- Snack time: “That was caring, you used HEART!”

Visual Supports

- Post self-regulation poster at child height.
 - Display weekly skill icons.
 - Use picture emotion cards during reflection.
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Emozi® Elementary (Grades 3–5) – Mini-Strategy Library

Practical strategies to integrate Emozi® into daily routines and reinforce STAR.

Pacing Adjustments

- 20–25 minute lessons can be split: 10 minutes of story/discussion, 10 minutes of activity.
- Insert stretch or partner-share breaks for focus.
- Use timers or music cues for transitions.

Engagement Boosters

- Rotate student discussion leaders.
- Use “STAR shout-outs” to recognize students using Stop–Think–Act–Reflect.
- Connect stories to current events or classroom challenges.

Behavior Support

- Model STAR before challenging tasks.
- Provide sentence stems: “I stopped to think when...”
- Encourage peer-to-peer recognition of STAR use.

Embedding Emozi® Language

- Morning message: “How can STAR help us during math today?”
- Recess reflection: “What option could you try next time?”
- End-of-day check-in: “What action are you proud of?”



Visual Supports

- STAR poster near group work area.
 - STAR cue cards on student desks.
 - Reflection board where students post “STAR moments.”
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Emozi® Middle School (Grades 6–8) – Mini-Strategy Library

Strategies to help adolescents connect Emozi® to real life using SCOPE.

Pacing Adjustments

- Break lessons into 15-minute chunks over two days.
- Use quick polls, think–pair–share, or journaling breaks.
- Allow flexible seating for group discussions.

Engagement Boosters

- Use real-world scenarios (social media, friendships, homework balance).
- Student-led role-plays or debates applying SCOPE.
- “SCOPE Spotlight”: recognize students who applied Stop–Consider–Options–Plan–Evaluate in real life.

Behavior Support

- Normalize pausing: *“Let’s SCOPE this out before we react.”*
- Use group contracts where students agree to apply SCOPE during collaboration.
- Give structured choices when conflicts arise.

Embedding Emozi® Language

- Morning advisory: “What option are you considering for today’s challenge?”
- Group work: “How can we plan together?”
- Reflection journals: “What did you evaluate about your choice?”



Visual Supports

- SCOPE poster in classrooms.
 - Scenario cards for advisory or class warm-ups.
 - Whiteboard prompt: “Today, I’ll use SCOPE when...”
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Emozi® High School (Grades 9–12) – Mini-Strategy Library

Practical strategies to integrate Emozi® into advisory, core classes, and life-skills prep with SCOPE-IT.

Pacing Adjustments

- Lessons can be split: 10 minutes reflection + 15 minutes application activity.
- Use case studies, interviews, or current events to anchor discussions.
- Allow time for peer-to-peer processing.

Engagement Boosters

- Link Emozi® to college/career readiness (interviews, teamwork, stress management).
- Invite students to bring real-life dilemmas to apply SCOPE-IT.
- Peer mentors share how they used Stop–Consider–Options–Plan–Evaluate–Insights–Transform.

Behavior Support

- Encourage self-monitoring: “Pause and run through SCOPE-IT.”
- Model reflective practice as a teacher: “Here’s how I evaluated my plan.”
- Celebrate resilience by highlighting transformations after setbacks.

Embedding Emozi® Language

- Advisory: “What insight did you gain this week?”
- Class discussions: “What options do we have before starting this project?”
- Career planning: “How can you transform what you’ve learned into your next step?”



Visual Supports

- SCOPE-IT posters in advisory spaces.
- Reflection prompts on classroom walls.
- Student-led bulletin board: “Insights of the Week.”