



Emozi® Quick Start Guide by Grade

Purpose:

To help new staff begin teaching Emozi® with confidence, even if they join mid-year. Each grade band includes lesson structure, a core strategy, and quick routines to implement right away.

Mini Emozi® (PreK–2)

Lesson Structure:

- Short, interactive lessons (the complete lesson requires about 30-45 minutes, so it is suggested to break the lesson up into smaller lessons ie. discussion and story, song and activity).
 - Prk/Kindergarten - 32 lessons
 - Grade 1 - 41 lessons
 - Grade 2 - 42 lessons
- Use storybooks, characters, and role-play.

Core Strategy:

- **Ollie's Wise Choices** (Halt, Hoot, Heart).

Quick Wins:

- Use Ollie's Wise Choices during transitions or when emotions rise.
- Use the Mini Emozi® Check-in Poster first thing in the morning, after learning a new concept, to refocus the students during transitions etc.
- Reference Emozi® mascots (Ollie, Benny, etc.) in daily routines.

Tip: Break longer lessons into two mini-sessions (e.g., morning circle + afternoon).



Emozi® Elementary (Grades 3–5)

Lesson Structure:

- Weekly 15–20 minute lessons.
 - Grades 3 - 6 chapter books with 5 chapters per book - 30 lessons
 - Grade 4 & 5 - 1 novel per grade containing 30 chapters per novel - 30 lessons
- Mix of discussion, role-play, and reflection.

Core Strategy:

- **STAR** (Stop, Think, Act, Reflect)
- **You're A Star** strategy (students acknowledge the positive traits of others).

Quick Wins:

- End the day with a 2-minute reflection: “What Emozi® strategy did you use today?”
- Use posters as prompts during class discussions.
- Catch-up sessions: “Make-Up Monday” for missed lessons.

Tip: Rotate student helpers to model strategies or lead quick role-plays.



Emozi® Middle School (Grades 6–8)

Lesson Structure:

- Advisory or homeroom sessions, 15–20 minutes.
Each grade contains 36 primary Teach the Topic lessons and an additional 4 optional lessons for every primary Teach the Topic lesson (a Self-regulation lesson, a Gratitude lesson, a Reflection lesson and a Socratic Seminar lesson)
- Connect lessons to real issues (friendships, online drama, stress).

Core Strategy:

- **SCOPE** (Stop, Consider, Options, Plan, Evaluate).

Quick Wins:

- “SCOPE Shoutouts” — highlight students using the strategy in real life.
- Encourage weekly student goal-setting in pairs.
- Keep lessons interactive: small groups, role-plays, debates.

Tip: Avoid lecture style; let students connect Emozi® to their lived experiences.



Emozi® High School (Grades 9–12)

Lesson Structure:

- Weekly 15–25 minutes, often in advisory periods.
 - Each grade level includes 30 lessons per grade.
- Best when connected to college, career, or real-world problem-solving.

Core Strategy:

- **SCOPE-IT** (Stop, Consider, Options, Plan, Evaluate, Insights, Transform).

Quick Wins:

- Create a “SCOPE-IT Wall” with real scenarios for practice.
- Tie Emozi® to academics (debates, labs, literature analysis).
- Use student-led discussions and peer facilitation.

Tip: Emphasize relevance: job interviews, test anxiety, friendships, and workplace conflicts.

✨ **Closing Note:**

Consistency matters more than perfection. Even 5 minutes a day of Emozi® strategies helps students build lifelong character skills.