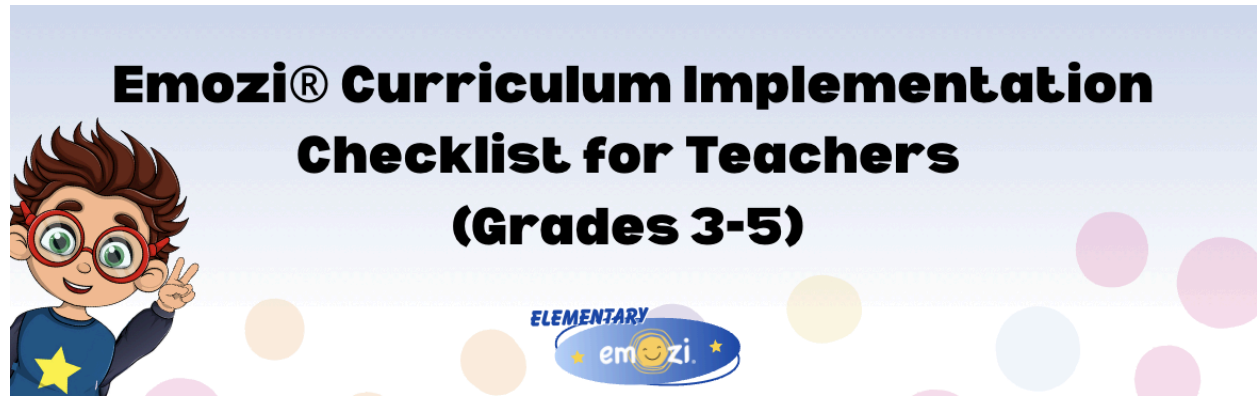


Use this checklist to guide your successful implementation of the Emozi® program in your classroom. The checklist is organized into key stages: preparation, ongoing implementation, and reflection.

Preparation Stage

- Before starting the program:
- Understand Character Development and the Constructed Theory of Emotion
- Review training materials on Character Development and Lisa Feldman Barrett's Constructed Theory of Emotion.
- Familiarize yourself with how Emozi® connects Character Development to emotional awareness and regulation.
- Set Up Classroom Routines
- Plan time in your weekly schedule for Emozi® lessons (30-45 minutes per lesson).
- Create space for daily Character Development routines such as morning check-ins, journaling, or emotional vocabulary exercises.
- Prepare Materials
- Review and organize lesson plans, activity templates, and handouts.
- Set up journals for students to use during reflection activities.
- Prepare pretests for assessing students' initial Character Development skills.
- Engage Families
- Distribute the introduction letter to parents explaining the Emozi® program.
- Schedule a family Character Development night or include Emozi® updates in classroom newsletters.



Ongoing Implementation Stage

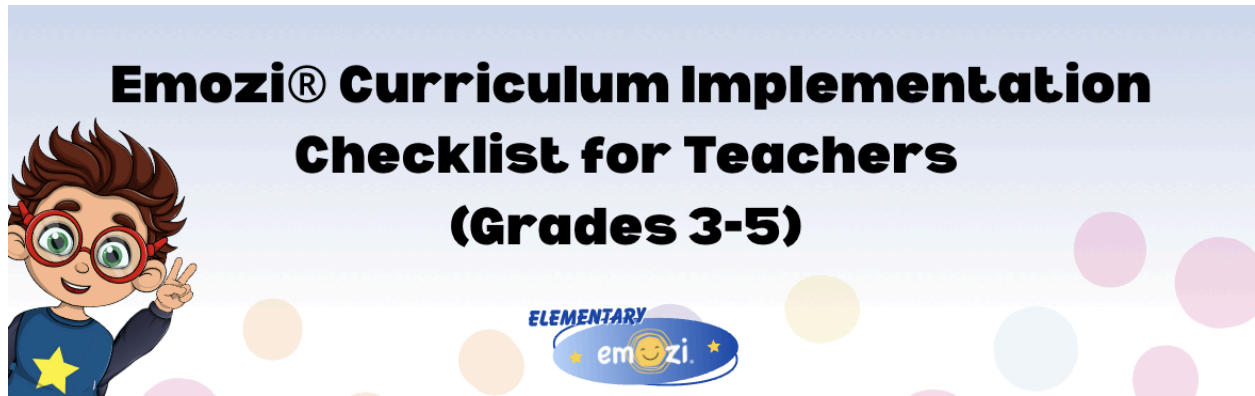
During the school year:

- Teach Weekly Lessons
- Follow the Emozi® lesson plans for your grade level.
- Read the high-interest stories at the start of each lesson to engage students.
- Use interactive activities, such as role-plays, journals, or scenario-based discussions, to reinforce learning.
- Incorporate Emozi® Strategies
- Consistently model and reinforce the S.T.A.R. Strategy (Stop, Think, Act, Reflect).
- Introduce and celebrate the You're a Star Strategy for self-esteem and peer appreciation.
- Use Body Budget Check-Ins to teach students how physical well-being affects emotional regulation.
- Foster Character Development in Classroom Culture
- Build emotional vocabulary through daily journaling and discussions.
- Encourage peer-to-peer recognition using You're a Star cards.
- Practice conflict resolution strategies during real classroom situations.
- Engage Families Regularly
- Send home connection letters with each lesson to keep parents informed and involved.
- Share simple Character Development strategies parents can use at home.

Reflection and Evaluation Stage

Mid-year and end-of-year evaluation:

- Monitor Student Growth
- Administer Character Development posttests at the end of the program to measure student growth.
- Observe changes in students' behavior, communication, and problem-solving skills.
- Reflect on Program Success
- Review students' journals and participation to assess engagement.



- Reflect on what worked well and what could be improved for next year.
- Celebrate Achievements
- Recognize students' Character Development growth and efforts during a class celebration or reflection activity.
- Share accomplishments with families through newsletters or an end-of-year Character Development showcase.

Additional Considerations

Seek Support When Needed

- Reach out to Emozi®'s educator support team for guidance.
- Collaborate with colleagues to share ideas and troubleshoot challenges.
- Plan for Sustainability
- Integrate Character Development principles into academic subjects such as ELA or social studies.
- Commit to ongoing professional development in Character Development practices.

Final Checklist Review

Use this checklist throughout the year to ensure you're implementing Emozi® effectively. Reflect often and adapt the program to meet your students' evolving needs. Thank you for fostering character development and resilience in your classroom!