

## Training Objectives

By the end of this training, participants will:

1. Understand the importance of Character Development in education.
  2. Gain foundational knowledge of Lisa Feldman Barrett's Constructed Theory of Emotion.
  3. Learn how to apply Emozi® strategies, including the S.T.A.R. strategy and emotional vocabulary development.
  4. Develop an implementation plan for integrating Emozi® into classroom routines and academic instruction.
  5. Explore methods for engaging families in character development practices.
  6. Reflect on the impact of character development on student growth, classroom culture, and teacher well-being.
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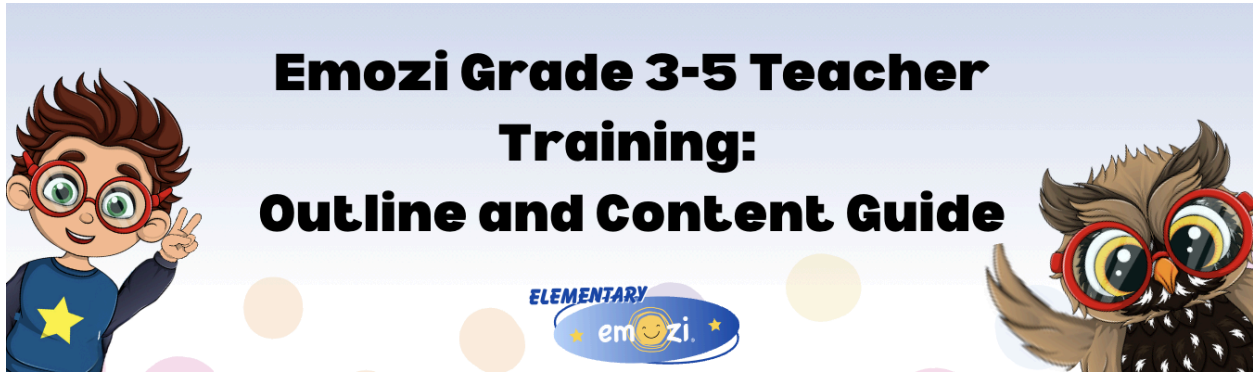
## Training Modules Outline

### Module 1: Introduction to Character Development

- Definition and Purpose of Character Development
- Core Benefits for Students, Teachers, and the School Community
- Key Components:
  - Self-awareness & Emotional Regulation
  - Moral Reasoning & Decision-Making
  - Community Involvement & Service Learning

### Module 2: Understanding the Constructed Theory of Emotion

- Overview of Barrett's Theory
- Emotions as Brain Predictions
- The Role of Emotional Vocabulary and Context
- Application of Theory in Classroom Settings



### **Module 3: Essential Emozi® Strategies for the Classroom**

- The S.T.A.R. Strategy: Stop, Think, Act, Reflect
- You're a Star Strategy: Fostering Gratitude and Peer Recognition
- Body Budget Awareness: Understanding Physical Well-Being and Emotions
- Expanding Emotional Vocabulary: Building Emotional Granularity
- Using Literature to Teach Character Development (e.g., "Ollie and His Friends")

### **Module 4: Curriculum Integration and Lesson Planning**

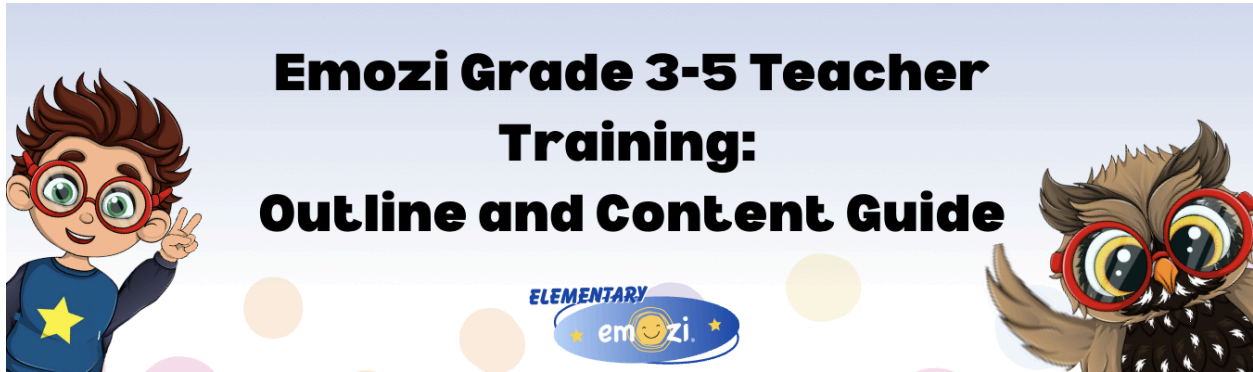
- Structuring Weekly Lessons (30-45 minutes)
- Sample Lesson Walkthrough (Handling Peer Pressure Constructively)
- Integrating Character Development into Core Academic Subjects:
  - ELA, Social Studies, Science, and Math
- Differentiation and Student-Centered Approaches

### **Module 5: Classroom Application and Family Engagement**

- Daily Routines: Morning Check-Ins, Journaling, and Reflection
- Involving Families:
  - Sending Home Connection Letters
  - Hosting Parent Engagement Events
  - Providing Access to the Parent Hub
- Creating an Actionable Weekly Implementation Plan

### **Module 6: Reflection, Assessment, and Next Steps**

- Reflecting on Learning and Growth
- Assessment through Quiz Completion
- Setting Personal Goals for Implementation
- Accessing Additional Resources:
  - Emozi®Teaching Guides
  - Webinars and Workshops
  - Newsletters for Ongoing Support



## Key Content and Activities

### Reflection Activities:

- Think about student challenges that could benefit from character development strategies.
- Share examples of past conflicts or successes that align with Emozi® principles.

### Practice Scenarios:

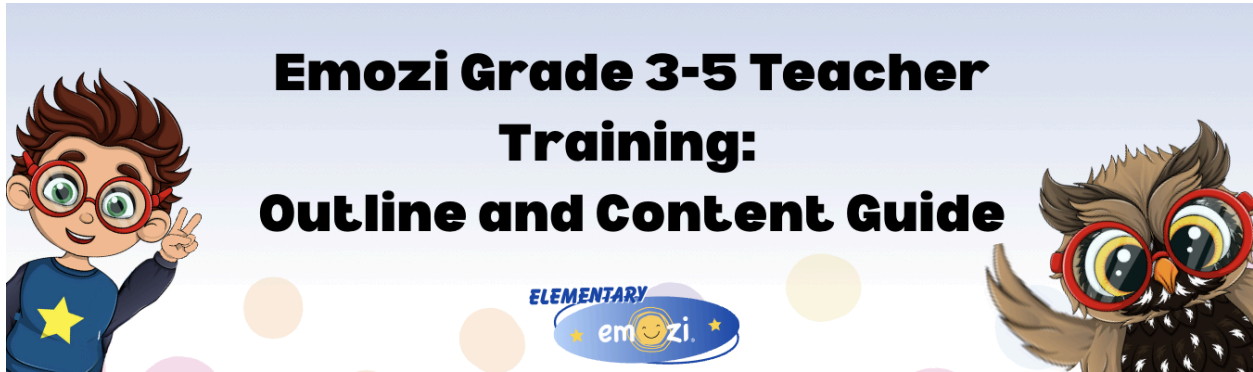
- Conflict Resolution using the S.T.A.R. strategy.
- Emotional vocabulary exercises to help students articulate feelings.
- Role-playing exercises for peer empathy and collaboration.

### Implementation Planning:

- Develop a personalized weekly schedule for Emozi® lessons.
- Outline strategies for integrating character development into academic subjects.
- Plan activities that involve families in character development practices.

### Assessment:

- Complete the 15-question quiz to assess understanding of the Emozi® training.
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## Resources and Support

- Emozi® Teaching Guides
  - Recorded Training Webinars
  - Parent Engagement Materials
  - Support Contact: [support@emozi.net](mailto:support@emozi.net)
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## Final Reflection:

- Write a personal goal for integrating Emozi® strategies into your classroom.
- Reflect on how character development will enhance your classroom culture and student outcomes.