

Reading Assignment:

Emozi®'s Key Objectives and How They Fit into the Broader Educational Framework

Introduction to Emozi®'s Objectives

The Emozi® curriculum is designed to nurture students' emotional intelligence, helping them build critical skills for success in school, relationships, and life. Emozi® focuses on creating emotionally safe classrooms where students learn to navigate their emotions, connect with others, and make thoughtful decisions.

The program aligns with the seven core Character Education competencies identified by Oxford:

Key components of character development in schools include:

- **Self-awareness & Emotional Regulation** – Helping students recognize and manage their emotions effectively.
- **Moral Reasoning & Decision-Making** – Encouraging students to think critically about ethical dilemmas and make responsible choices.
- **Engagement with Role Models** – Learning from teachers, peers, and historical figures who exemplify strong character.
- **Community Involvement & Service Learning** – Applying character traits in real-world situations through acts of kindness and civic responsibility.



Lamb, M., Brant, J., & Brooks, E. (2021). How is virtue cultivated? Seven strategies for postgraduate character development. *Journal of Character Education*, 17:1, 81-108.

Each lesson and strategy in Emozi® is intentionally designed to meet these competencies, addressing age-appropriate needs for preschool, kindergarten, grade 1, and grade 2 students. Emozi® also incorporates modern insights from Lisa Feldman Barrett's *Constructed Theory of

Emotion*, highlighting how emotions are not hardwired but constructed from past experiences, cultural influences, and learned concepts.

Key Objectives of the Emozi® Curriculum

1. Develop Emotional Vocabulary

- Help students articulate their feelings with precision by introducing concepts of emotional granularity.
- Foster understanding that naming emotions like "frustrated," "proud," or "nervous" builds Character self-awareness and empowers problem-solving.

2. Cultivate Calming and Problem-Solving Strategies

- Teach calming techniques like the *Halt, Hoot, and Heart* strategy to manage intense emotions.
- Introduce problem-solving frameworks like the *S.T.A.R. (Stop, Think, Act, Reflect)* strategy to navigate challenges with thoughtfulness and care.

3. Encourage Positive Relationships

- Promote empathy, active listening, and communication to strengthen peer relationships.
- Teach students to recognize and respect others' feelings, perspectives, and boundaries.

4. Build Resilience and Self-management Skills

- Encourage perseverance in the face of setbacks.
- Guide students in recognizing their emotional triggers and using strategies to regulate their responses.

5. Strengthen Decision-Making Skills

- Help students evaluate the consequences of their actions to make safe and ethical choices.
- Teach students to reflect on their decisions and grow from mistakes.

Emozi®'s Place in the Broader Educational Framework

1. Alignment with Academic Goals

Character Education skills directly impact students' academic success by improving their ability to focus, collaborate, and persevere. Research shows that students with strong emotional regulation are better equipped to manage classroom demands, resolve conflicts, and remain engaged in learning.

2. Integration with State Standards

Emozi® aligns with Common Core State Standards (CCSS) by fostering skills in English Language Arts, such as listening, speaking, and critical thinking. For example:

- Kindergarten: Participating in collaborative conversations (CCSS.ELA-LITERACY.SL.K.1).
- Grade 1: Describing characters' feelings and motivations in stories (CCSS.ELA-LITERACY.RL.1.3).
- Grade 2: Explaining how characters solve problems (CCSS.ELA-LITERACY.RL.2.3).

3. Support for Whole-Child Education

The Emozi® program emphasizes a holistic approach to education, addressing cognitive, social, and emotional development. This aligns with frameworks like MTSS (Multi-Tiered Systems of Support), ensuring that Character Education supports diverse student needs, including those requiring additional interventions.

4. Preparing Students for Lifelong Success

Emozi® equips students with skills beyond the classroom, such as adaptability, teamwork, and ethical decision-making. By building these foundational skills early, Emozi® helps prepare students for future academic, professional, and personal challenges.

Connections to the Constructed Theory of Emotion

Lisa Feldman Barrett's *Constructed Theory of Emotion* plays a critical role in the Emozi® curriculum. According to this theory, emotions are constructed by the brain based on past experiences and learned concepts rather than being automatic reactions. By teaching students to recognize, name, and manage their emotions, Emozi® helps them actively shape their emotional experiences. This aligns with several Character Education goals:

- Students learn to identify the cues that signal their emotions.
- By understanding emotions as dynamic, students can apply strategies to regulate their feelings.
- Recognizing that others' emotions are also shaped by context builds empathy and reduces misinterpretations.

Emozi® integrates this theory by encouraging students to see emotions as tools they can understand and use rather than something that controls them.

Why Emozi® Matters in Today's Classrooms

In a world where emotional challenges can impact learning and well-being, Emozi® provides a structured, evidence-based approach to equipping students with the skills they need to thrive. As a teacher, you play a vital role in shaping students' social and emotional growth. By implementing Emozi®, you'll teach valuable lessons and create a classroom environment where students feel safe, supported, and empowered to succeed.

Reflection Questions

1. How do Emozi®'s objectives align with your current classroom goals?
2. What impact do you anticipate Emozi® having on your students' academic and social growth?
3. How might the Constructed Theory of Emotion change how you view emotions in your classroom?

By reflecting on these questions, you'll deepen your understanding of Emozi® and be better prepared to implement its lessons effectively.