

WISDOM

The World of Emotions

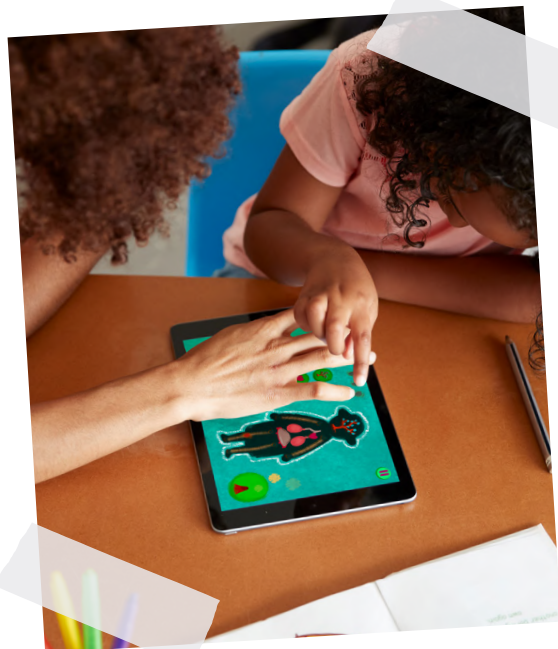


Welcome

We are so glad you chose Wisdom: The World of Emotions to support your students' social emotional needs. You and your students will join the game's main character, Wisdom, as you complete activities, win superpowers, and help the kingdom's inhabitants manage their emotions. Throughout your journey with Wisdom, students will learn to identify and label emotions, resolve conflicts, and healthily manage their emotions and those of others. The best part? They will learn this all as they have fun playing with Wisdom. This guide can serve as your starting point as you prepare to incorporate Wisdom: The World of Emotions into your classroom.



1. Getting Started



First, you will open the app and either select “Educators” to create your own account or select “School license” to log in (if your school has subscribed to use Wisdom). You will then want to download Wisdom: The World of Emotions on all devices that will be used, including both your own device and all student devices. If using a school license, use the temporary password you received via email and create a new password. You will then log all student devices onto your same account. To get started, we suggest exploring the “Main Menu” in the Educators section.



2. Main Menu

“**Back to school**” features both **slides and printables** that can be used for **in-person and virtual learning**. These activities are designed to help students get back into the routine of school with meaningful discussions while engaging with social emotional learning. They include morning meetings resources, community building activities, a 14-week SEL read-aloud program, social cues activities, and more!



“**SEL Transitions**” feature ready-made slides that include a variety of SEL activities: brain breaks, mindfulness, coping skills, and meditations. You can choose any of these activities and include them at the start, end, and/or transitions of your instruction. They are a wonderful complement to the distance learning lessons to help keep students engaged.

“**SEL Printables**” features beautiful and colorful worksheets covering themes such as mindfulness, gratitude, empathy, problem solving, and independence.

If you are teaching in person, these are ideal to keep your students learning while you might be busy assisting other students on a specific topic. They can also be used at home as a follow-up to a lesson you taught.





3. SEL Curriculum

“**Scope and sequence**” describes how the 20 lessons are grouped into the 5 chapters. You can also read a **short description** about each of the lessons.

“**Lesson plans**” gives you a more **detailed plan** for how to lead that lesson. Each plan describes the learning objective, background research, and a **suggested script**. Select lessons for a **whole class, small groups, or one on one instruction**.



“**Cheat sheets**” offer helpful tips for certain lessons. It also includes a “**Superpowers**” cheatsheet to quickly learn the different practices for managing emotions that the app recommends throughout the game.

“**How-To’s**” includes documents explaining how to view student progress, and unlock future chapters manually.

“**Parent prompts**” gives you access to an initial letter home to describe the Wisdom program to families, as well as an **at-home activity and printable** for each lesson to help support home-school connections.

These short prompts offer an activity for families to **engage with their children** around the most recent SEL skill taught.

You can copy and paste the prompts into weekly family emails or print and send home in weekly folders.





4. Structure of a Lesson

Each lesson of our SEL curriculum consists of four main parts. A **script** is provided if you would like to use it.

1. Introduction, 5 minutes:

You will **remind** students of the previous lesson and then give **general instructions** for today's lesson.



2. Digital Play, 10 minutes:

Students will have time to play on the app on their own devices. Each lesson focuses on a certain activity.

Students will use this time to play just that one activity and win as many superpowers as they can. As they improve, the app will automatically move the student up through the 5 difficulty levels and track how many superpowers they have won in their Statistics board.

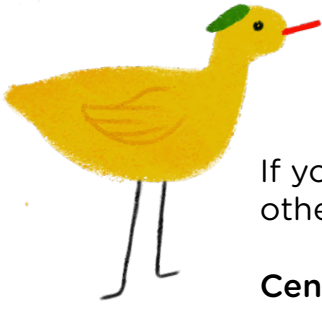
3. Debrief, 5 minutes:

You will lead a **debrief** from the digital game, **explain the learning objective**, and **transition** to hands-on play.

4. Hands-on Play, 20 minutes:

You will lead students through an activity that will allow them to **practice** the learning objective. Each activity differs depending on the lesson and whether you are teaching in person or remotely. If you are teaching in person, you can use the printables provided in the app.



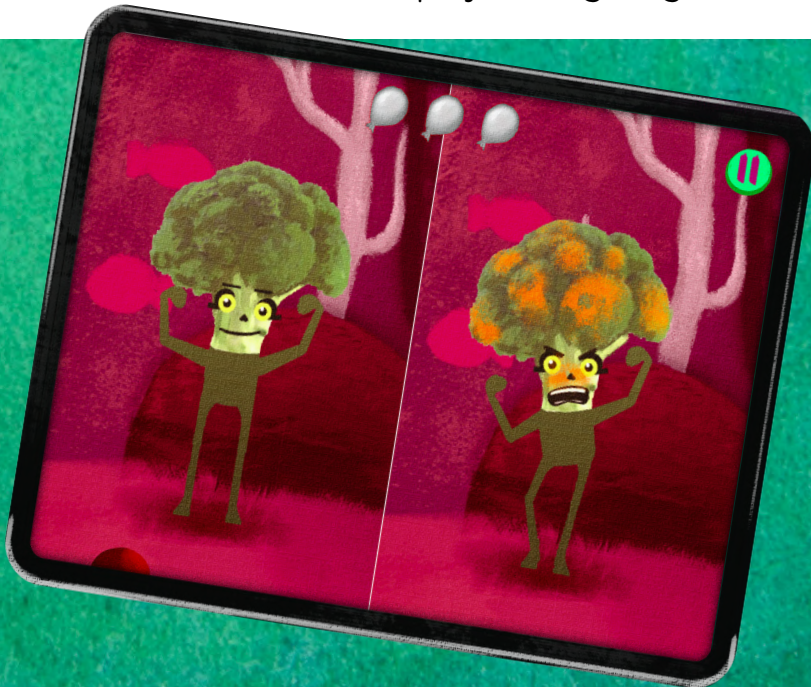


5. Alternative Structures

If your classroom does not have 1:1 devices, here are some other structures to try:

Centers / Stations Time:

Many primary grade classrooms utilize time with centers or stations. If you have only **a handful of devices**, consider setting them up at one center. Students can play the specified activity when they reach the center, so that by the time you lead the hands-on activity, all students have had a chance to play the digital game.



Playing in Pairs:

If you have at least a half class set of devices, you can have students play the digital game in pairs. With this option, make sure to set some time aside to review sharing and group work.

You may consider setting up a structured way of taking turns or sharing the device during the digital play. We suggest briefly reviewing these guidelines before each lesson.

Flipped Instruction:

If you have at least a half class set of devices, you can choose to **divide the class in half**, so that one half may start with the digital play and the other half can start with the hands-on activity.

This option works best if your students have had successful practice working **independently**, as you will be leading the hands-on activity while the rest of the class works independently on the digital play.



6. Wisdom of the Week

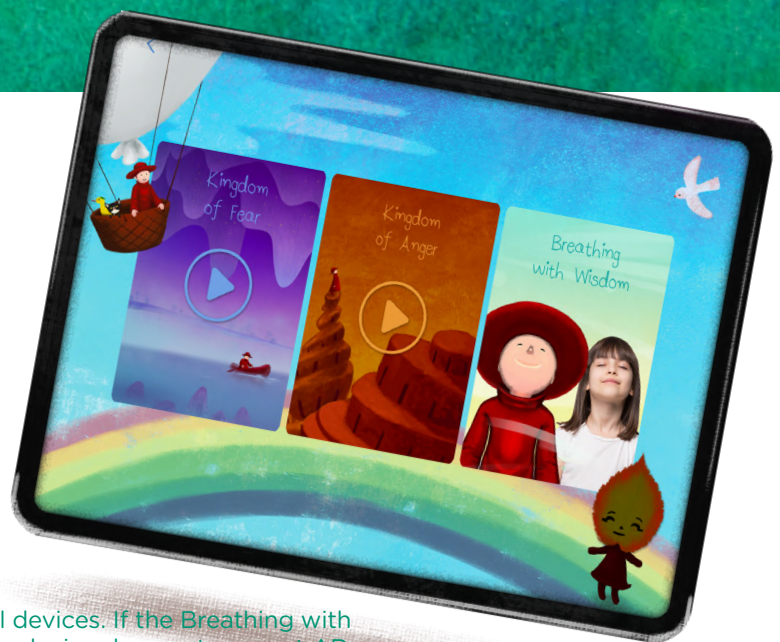
Each week, one student may have the **responsibility of being the “Wisdom of the Week.”** Whenever a student in the classroom appears upset, the Wisdom of the Week **attempts to support their classmate**, using the “Superpowers” (coping strategies) taught in the Wisdom lessons.

You may choose your Wisdom of the Week randomly, or incorporate the position into your weekly classroom jobs.



7. Augmented Reality*

The AR feature of the app leads students through various calming breathing exercises. Watch your screen as the main character Wisdom appears in your classroom! You may choose to follow Wisdom’s breathing exercises as an entire classroom, and/or to use with individual students as strong emotions arise. AR breathing activities include: Breathing with Wisdom, Glitter Shower, Bubble Breathing. They can be accessed via the Breathing with Wisdom button.

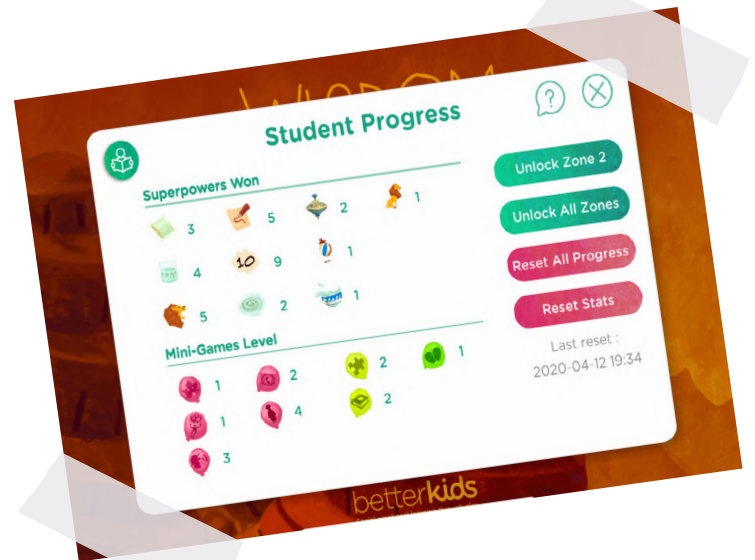


*The AR feature is not available on all devices. If the Breathing with Wisdom button does not appear, your device does not support AR.

8. Student Progress

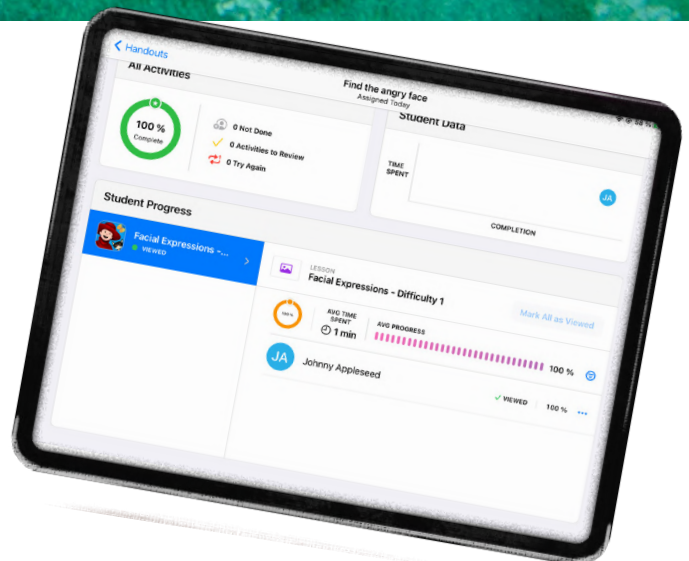
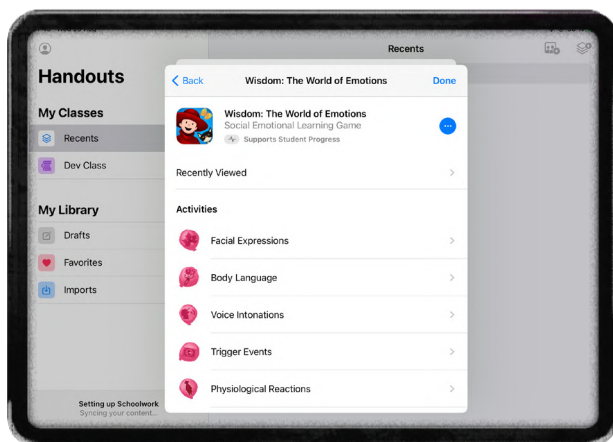
If you are using iOS devices, you can assign homework to your students and **track their progress through the Schoolwork app** (see below).

If your classroom is using Android devices or if you are not using the Schoolwork app, you can track progress on each tablet in the **Educator Board**. Please note there are no individual student accounts, so if students are sharing devices, statistics would have to be reset for each child.



Schoolwork for iPad

1. Assign a section of Wisdom: The World of Emotions as a Handout (the name given to assignments on the Schoolwork app) to the entire class or a certain student, and set a due date.
2. When students open their Schoolwork app, they will see the section of the game that you assigned.
3. Schoolwork will automatically launch the app, directly to the section of the game assigned.
4. Your student will complete their assignment and you will be notified when they are done. In your teacher Schoolwork app, you will be able to see each student's percentage of completion, time spent, and number of errors.





9. Posters and Visuals

Through Wisdom, you will have access to many **beautiful posters and visuals to place in your classroom**. These colorful and **calming designs** can contribute to your classroom walls and meaningfully connect SEL to your physical space.

These visuals are also a helpful reminder for your students about the strategies they can use to manage their emotions healthily.



10. Learning Outcomes of Wisdom

Educators help children learn skills and knowledge to use **throughout their lifetimes**.

With Wisdom: The World of Emotions, you can ensure that you are supporting students' social and emotional growth. With the tools they learn, your students will be able to **better identify and label their own emotions, communicate with others, and resolve conflicts**. Not only do these skills help classrooms function harmoniously, they help students with good decision-making and **positive relationships for life**.

Learn more about how Wisdom supports your students' development of the SEL core competencies.

We at Better Kids are so excited to be on this journey with you, as you support your students' social and emotional learning.



Stay Connected

Questions? Visit our FAQ or email us at joy@betterkids.education
Want to learn more? Visit our website betterkids.education
Check out our blogs to learn more about social emotional learning, and sign up for our newsletter.

