



TrueEQ K-12 SEL Curriculum Overview

A Guided K–12 Learning Journey
Advancing Emotional Intelligence Through The 7 Anchors™,
Aligned with CASEL Competencies

Implement an instructional K–12 social–emotional learning framework that establishes a common language for emotional intelligence across grade levels. District adoption supports consistent, developmentally appropriate SEL practices that strengthen classroom climate, collaboration, and student engagement at every level.

WHAT DOES TrueEQ™ PROVIDE TO SCHOOLS?

TrueEQ is an instructional social–emotional learning curriculum designed to be **legally safe, trauma-aware, and manipulation-resistant by design**. It teaches social awareness, self-management, consent boundaries, and responsible decision-making through **observable behaviors and routine classroom moments**, without emotional disclosure, therapy framing, or confessional practices.

TrueEQ is purpose-built for districts seeking SEL that supports student development **without increasing legal, political, or facilitation risk**.

SEL Program Comparison			
Dimension	 TrueEQ™	 SECOND Step®	 move THIS WORLD
SEL Framing	Instructional skill-building	Programmatic SEL	Wellness / expression-based
Mental Health Framing	Explicitly non-clinical	SEL with regulation focus	Often framed as mental/behavioral health
Emotional Disclosure	Not required	Sometimes encouraged	Frequently encouraged
Praise / Virtue Framing	Avoided by design	Used in places	Common
Consent Emphasis	Explicit and structural	Implicit	Variable
Facilitation Risk	Low (tight language, scripted constraints)	Moderate	Higher variability
Political / Parent Risk	 Low	 Moderate (brand trust Varies by context.)	 Context-dependent
Evidence Base	 Emerging / pilot-ready	 Extensive	 Varies by source

CURRICULUM OBJECTIVES

After implementing this curriculum, schools and districts will establish:



A **common language for emotional intelligence** used consistently across grade levels.



Instructional tools that support emotionally safe, predictable learning environments.



Developmentally appropriate SEL practices grounded in The 7 Anchors of Emotional Intelligence™.



Clear boundaries between social–emotional instruction and mental health services.



The capacity to **observe, support, and strengthen classroom climate** using non-clinical measures.



A **coherent K–12 SEL framework** that aligns with CASEL competencies and district priorities.

WHO IS IT FOR?

This curriculum is designed for **school districts and educational communities** seeking a consistent, instructionally grounded approach to social–emotional learning. It is well-suited for districts that prioritize a **common language across grade levels**, clear boundaries between SEL and mental health services, and developmentally appropriate practices that support classroom climate without increasing facilitation risk.

TrueEQ is a strong fit for districts serving diverse student populations, including **Title I schools**, that value predictability, consent-aware instruction, and SEL that integrates seamlessly into everyday classroom routines. It supports schools looking to strengthen engagement, collaboration, and learning environments while maintaining transparency with families and alignment with state and district priorities.

CORE DESIGN PHILOSOPHY



Instructional, Not
Therapeutic



Consent-Aware,
Choice Preserving



Manipulation
Resistant



Low-Inference,
High-Fidelity
Implementation

FOUR NON-NEGOTIABLE PRINCIPLES:

- **Instructional, Not Therapeutic**

SEL skills are taught as *learnable behaviors* embedded in school routines, not as mental health treatment, screening, or emotional processing.

- **Consent-Aware and Choice-Preserving**

Students are never required to help, share, disclose, or participate emotionally. Offering, waiting, adjusting, and stopping are all modeled as valid options.

- **Manipulation-Resistant**

The curriculum avoids guilt, shame, praise loops, hero narratives, and authority-based pressure. Language is engineered to prevent misuse by adults or peers.

- **Low-Inference, High-Fidelity Implementation**

Lessons rely on concrete actions (pointing, circling, observing) rather than open-ended emotional discussion, reducing facilitation variability and risk.

WHY CHOOSE TrueEQ SEL?



Establish a common SEL language across K–12.

Supports consistency and coherence across classrooms, schools, and grade levels.



Reduce reactivity through observable classroom practices.

Focuses on awareness, adjustment, and continuation rather than emotional escalation.



Support calm, predictable learning environments.

Designed to strengthen classroom climate without coercion or behavior management framing.



Maintain clear boundaries between SEL and mental health services.

Instructional by design, non-clinical, and appropriate for Tier 1 implementation.



Lower facilitation risk for educators.

Constrained prompts, no forced disclosure, and minimal interpretation required.



Build trust with families and communities.

Transparent, consent-aware SEL that aligns with district values and state guidance.

CURRICULUM PROCESS

TrueEQ is implemented as a **structured, grade-banded instructional curriculum** designed to establish a common language for emotional intelligence across K–12 classrooms. Lessons are sequenced developmentally and aligned to CASEL competencies, with The 7 Anchors of Emotional Intelligence™ serving as the unifying framework.

The curriculum integrates into existing instructional schedules and routines, supporting consistent practice over time without adding clinical requirements or increasing facilitation burden. Each anchor is reinforced through observable classroom behaviors, age-appropriate stories, and guided practice, allowing districts to support SEL implementation with clarity, fidelity, and transparency.

FEATURES



Stories



Guided Practice



Skill Practice (MTSS)



Classroom Routines



Reflection Tools



Fidelity & Support



SEQUENCED INSTRUCTION & PRACTICE

Each grade level includes **six units with six lessons each**, providing a complete sequence of **36 instructional lessons per grade**. Every lesson includes a student-facing story and video, practice activities, and a detailed facilitator guide, allowing schools to deliver consistent SEL instruction across classrooms with clarity and fidelity.

Across K–12, this structure creates a **comprehensive resource library** that supports developmental progression, vertical alignment, and sustained practice over time, without requiring additional curriculum design or supplemental materials.

