



THE POWER OF ONE SEL FRAMEWORK

CURRICULUM OVERVIEW



A Structured, Literacy-Based Social-Emotional Learning Framework

Designed to Build Empathy, Belonging & Student Leadership

THE EMPATHY FRAMEWORK

Notice → Care → Help

Students learn to:

- Notice** when someone feels unseen
- Care** by understanding their feelings
- Help** through kind & supportive actions

ALIGNED WITH CASEL SEL COMPETENCIES

- Self-Awareness
- Social Awareness
- Relationship Skills
- Responsible Decision-Making

PERFECT FOR SCHOOL INITIATIVES

- PBIS Frameworks
- CASEL SEL Competencies
- Literacy-Based Instruction
- Kindness & Belonging Goals
- School wide Inclusion Initiatives

6-LESSON TIER 1 SEL CURRICULUM

30–40 Minute Lessons | Grades K–2

LESSON	FOCUS	SEL SKILL
1	Being Seen	Emotional Awareness
2	Walking in Someone Else's Shoes	Perspective-Taking
3	Helping Others	Recognizing Needs
4	Managing Big Feelings	Self-Management
5	Creating a Classroom of Belonging	Relationship Skills
6	Resolving Conflicts	Responsible Decision-Making

CORE TEXT CONNECTION

I'm Not Invisible, Franny's Neighborhood Mission

- Literacy anchor for SEL lessons
- Students explore:
 - Recognizing feelings
 - Noticing when others feel invisible
 - Choosing actions that help others feel seen
- Perfect for:
 - Read-Alouds
 - SEL Lessons
 - Schoolwide Events



FLEXIBLE IMPLEMENTATION OPTIONS

- Assembly Launch
- Classroom Lesson Series
- School wide Inclusion Initiatives

STUDENT & SCHOOL OUTCOMES

STUDENTS DEVELOP:

- Empathy & Perspective-Taking
- Stronger Communication Skills
- Confidence Helping Peers
- Sense of Belonging

SCHOOLS BENEFIT:

- Stronger School Climate
- Shared Language for Kindness
- Literacy-Based SEL Integration
- Minimal Teacher Prep



TEACHER SUPPORT MATERIALS INCLUDED

TEACHER GUIDE
Printable & digital guide with key takeaways, discussion prompts, and extension ideas.

REFLECTION ACTIVITIES
Developmentally appropriate worksheets that deepen student understanding.

DISCUSSION PROMPTS
Ready-to-use questions to connect the story to real-life experiences and SEL goals.

EXTENSION ACTIVITIES
Quick, flexible activities that extend learning in your classroom or school community.

Let's Bring The Power of One to Your School!

www.melissacass.com
Melissa.cassiliano@gmail.com
 732-547-8241

NOW BOOKING 2026 SCHOOL VISITS!

Limited dates available. Book early to secure your preferred time.