

# THE LIFE IS GOOD® SUPERPOWER KIT

## ABOUT THE KIT

The Life is Good Superpower Kit includes: 100 activities aligned with the 5 core competencies of social and emotional learning, a robust library of online resources, 11 classroom posters with classic Life is Good art and messages, collectible awards for kids, great swag, and lifetime access to the virtual Life is Good Superpower Academy for teachers.



## ABOUT THE PLAYMAKERS

For over 30 years, Life is Good Playmakers has provided training, resources, tools, and ongoing coaching to more than 15,000 childcare professionals in schools, enrichment programs, and social service agencies that serve some of the most vulnerable populations. Their program has been proven to reduce professional burnout levels, reduce PTSD symptoms in children, and increase resilience.

96% of childcare professionals report that the Playmaker program has had a positive impact on kids' social, emotional, and physical well-being in their care. The Life is Good Playmakers have recently created the groundbreaking Life is Good Superpower Kit to bring optimism to schools and unlock kids' social and emotional "Superpowers."

# 5 REASONS THE LIFE IS GOOD SUPERPOWER KIT BELONGS IN YOUR CLASSROOM

**1.**

## **THE LIFE IS GOOD SUPERPOWER KIT ALIGNS WITH YOUR CURRENT SEL PRIORITIES:**

- ✓ The Superpower Kit directly aligns with CASEL's 5 core competencies of social-emotional learning: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, and Responsible Decision-Making.
- ✓ The 10 Life is Good Superpowers — such as Compassion, Courage, and Openness — are deeply tied to social and emotional health.
- ✓ By infusing joy, movement, and art into daily lessons, it enhances SEL. And SEL enhances academic achievement and promotes positive behaviors and healthy social interactions that are essential for success in school and in life.

**2.**

## **IT INFUSES PLAY INTO SEL:**

- ✓ The American Academy of Pediatrics reports that play is necessary for the practice of group skills such as sharing, decision-making, conflict resolution, and assertiveness.
- ✓ Play offers everyday opportunities for cooperation, negotiation, and problem-solving, whether in creating a fantasy play scenario or in deciding whose turn is next.

**3.**

## **IT MAKES SEL FUN FOR EVERYONE:**

- ✓ With engaging visuals, collectible badges, and exciting activities, the Superpower Kit will make social and emotional learning fun for both kids and adults. And fun fuels exploration, confidence, and mastery. When something is fun, we want to do it more, and when we do it more, we get better at it!

**4.**

## **IT'S EASY TO IMPLEMENT:**

- ✓ There are 10 Life is Good Superpowers for all 10 months of the school year.
- ✓ The easy-to-use activity cards empower teachers with the tools and flexibility to integrate the Superpowers to best serve their classroom needs.

**5.**

## **IT'S NOT JUST FOR KIDS:**

- ✓ The kit includes access to the Life is Good Superpower Academy, a series of bite-sized, on-demand courses for teachers to further explore the Superpowers and grow their practice.