

SuperNoodle Elements

Competencies

are the abilities acquired by combining awareness, knowledge, and action, enabling kids to connect, learn, and grow. The 8 Competencies are carefully sequenced, scaffolded, and guided for K-5 elementary students. The SuperNoodle platform is easy for teachers to integrate and sustain across the entire school year.

Chapter Lessons

represent the grade-based skills that build the foundation of each Competency and are delivered as single lessons for 5th grade students.

Lesson Guides

empower teachers to easily prepare/plan, lead, and adapt instruction to best engage their students.

Lesson Content

refers the structured exploration of information within a lesson, whether teacher-led or student-driven.

Put Into Practice

fun and relevant activities that are increasingly student-driven to build independence.

DoAble Activities

provide students with engaging and fun ways to practice, apply, and extend their learning. DoAbles can be printed, projected, and/or casted - for the whole class, small groups, or solo engagement.



COMPETENCY 1: CONNECTION**with Flash Bolton**

The Connection competency fosters self-awareness, meaningful relationships, empathetic understanding, and effective communication, nurturing a supportive and inclusive environment for personal and collective growth.

**COMPETENCY 2: CHOICE****with McPufferson**

The Choice competency empowers students to be aware of their options, make responsible decisions/choices, practice self-control, and develop critical thinking skills, enabling them to navigate life's challenges with awareness, confidence, and resilience.

**CHAPTER LESSONS & LEARNING OBJECTIVES****1. Paying Attention**

Students will be able to focus on themselves, notice their personal experience, and begin to connect to their surroundings.

2. Meeting & Greeting

Students will be able to meet new people, introduce themselves, and greet others with respect.

3. Getting to Know Me & You

Students will be able to identify personal traits in themselves and recognize similarities / differences in others.

4. Joining & Sharing

Students will be able to join various groups, take on collective responsibilities, and share ideas, space, and materials.

5. Belonging

Students will be able to benefit from a sense of belonging while maintaining their own authenticity.

CHAPTER LESSONS & LEARNING OBJECTIVES**1. Noticing Signs**

Students will be able to identify their own body signals and consider what those signs tell them about their feelings, mood, and physical states.

2. Knowing Your Options

Students will be able to identify their options and pause to consider their best choices in different situations.

3. Trusting Yourself

Students will be able to pause, notice their thoughts and feelings, and build trust in their own choices.

4. Using Voices & Choices

Students will be able to use their voices to ask questions and communicate their reasons for choices they make.

5. Changing Your Mind

Students will be able to pause, assess the outcomes of their behaviors, and adjust or even begin again.

COMPETENCY 3: COPING SKILLS**with Squeaky Laroo**

The Coping Skills competency guides students to identify and manage stress, engage in self-regulation, and better adapt to challenges, fostering resilience and well-being in the face of life's inevitable obstacles.

**COMPETENCY 4: CREATIVITY****with VanGo**

The Creativity competency cultivates imaginative thinking, creative exploration and strengthened coping skills while embracing the unique ideas of others resulting in personal growth, enriched connection and amplified community voices.

**CHAPTER LESSONS & LEARNING OBJECTIVES****1. Playing with Opposites**

Students will be able to modulate their intensity of movement and voice in order to successfully match a variety of situations.

2. Changing Energy

Students will identify ways to wake themselves up and calm themselves down, planting the seeds for self-regulation.

3. Shifting Mindsets

Students will be able to use their regulated brains and bodies to embrace new ideas and to remain hopeful.

4. Managing Stress

Students will be able to control their stressful energy and learn how to manage positive, low levels of stress.

5. Bouncing Back

Students will be able to better cope with setbacks and more skillfully re-engage.

CHAPTER LESSONS & LEARNING OBJECTIVES**1. Using Your Imagination**

Students will be able to explore and engage in playful, creative activities.

2. Exploring Creative Expressions

Students will be able to expand their definition and understanding of a broad spectrum of creativity.

3. Opening to Creativity

Students will be able to be present in the moment and shift their mindset, allowing creativity to emerge.

4. Enjoying the Process

Students will be able to see value in the creative process and embrace mistakes as part of moving forward.

5. Appreciating Others' Creativity

Students will be able to recognize and support the creative efforts of others.

COMPETENCY 5: COMPASSION**with Paz Petalhead**

The Compassion competency nurtures awareness and caring toward oneself, encourages empathy and kindness for others, and inspires students to understand others within their classrooms and communities.

**COMPETENCY 6: CURIOSITY****with Squatchy Berger**

The Curiosity competency nurtures an inquisitive nature that plays with new ideas, explores the unknown, formulates useful questions, and embraces the learning process, in order to foster a broader imagination and growth mindset.

**CHAPTER LESSONS & LEARNING OBJECTIVES****1. Recognizing Compassion**

Students will be able to identify thoughts and actions that reflect compassion and caring.

2. Caring for Ourselves

Students will be able to evaluate, choose, and practice compassionate self-care.

3. Giving & Receiving Kindness

Students will be able to recognize the value of small gestures of kindness for themselves and others.

4. Forgiving & Restoring

Students will be able to connect the skill of forgiving with the outcome of restored connections and healed relationships.

5. Practicing Gratitude

Students will be able to notice something positive, no matter how small, and express gratitude in a variety of ways.

CHAPTER LESSONS & LEARNING OBJECTIVES**1. Looking for Unknowns**

Students will be able to develop a comfort with the unknown, and remain present as well as non-judgemental when exploring unfamiliar situations.

2. Wondering Creatively

Students will be able to broaden their imaginative lens by opening to the world around them and exploring new ideas, curious details, and unusual concepts.

3. Asking Questions

Students will be able to develop, ask, and examine a variety of questions in order to consider endless possibilities.

4. Embracing Possibilities

Students will be able to think in an open-minded way, develop patience with unanswered questions, and be inspired by their own dreams and goals.

5. Building Self-Trust

Students will be able to genuinely value their own learning process, let go of needing to appear to know it all, and build trust in their own instincts.

COMPETENCY 7: CONFIDENCE**with with Flo Yo**

The Confidence competency cultivates self-understanding, self-worth, and self-efficacy, empowering individuals to build belief in their abilities to adapt and grow through challenges.

**COMPETENCY 8: COLLABORATION****with with Nova & Zapp**

The Collaboration competency promotes teamwork, active-listening, clear communication, and collective problem-solving, empowering individuals to work effectively within groups, achieve shared goals, and contribute to a healthy community.

**CHAPTER LESSONS & LEARNING OBJECTIVES****1. Knowing Yourself**

Students will be able to identify and appropriately express their own thoughts, emotions, and personal preferences.

2. Valuing Yourself

Students will grow their sense of worth by taking ownership of their decisions, acknowledging their efforts and valuing progress over perfection.

3. Challenging Yourself

Students will be able to see the importance of setting goals, exploring outside their comfort zones, and taking ownership of their decisions.

4. Giving & Receiving Help

Students will understand the importance of both offering and accepting help, then demonstrating empathy and cooperation.

5. Reflecting Again & Again

Students will be able to find value in the process of trying, failing, and reflecting, as fundamental steps in fostering growth.

CHAPTER LESSONS & LEARNING OBJECTIVES**1. Communicating Skillfully**

Students will be able to express themselves effectively and listen carefully in order to foster understanding, strengthen relationships, and facilitate the sharing & receiving of ideas.

2. Changing Roles

Students will be able to identify and adapt their roles within a group to enhance cooperation, understanding the importance of flexibility in contributing to collective success.

3. Resolving Conflicts

Students will acquire the ability to resolve problems and restore connection, understanding these skills as essential tools for maintaining and strengthening interpersonal bonds and cohesion.

4. Thinking Together

Students will be able to creatively gather ideas from the group, then respectfully discuss, organize, and evaluate to make decisions to support a shared goal.

5. Balancing & Celebrating

Students will understand the importance of balancing their individual needs & goals with those of the team, in order to successfully collaborate then celebrate.