An SEL Program with an Emphasis on Bullying Prevention

Sample Lessons Online
www.chickensoup.com/hallwayheroes

With Support from:
Boniuk Foundation
Welcome to our Chicken Soup for the Soul Hallway Heroes program for grades 1–8! We are passionate about this SEL Program, with its emphasis on bullying prevention. There’s nothing else like it.

Chicken Soup for the Soul stories have been used informally in classrooms for 20 years. That makes sense because storytelling is a highly effective way to reach students—they absorb the material better while improving literacy and enjoying the process!

Now we have developed a rigorous, research-based curriculum to go along with carefully selected Chicken Soup for the Soul stories to:

- address all SEL competencies
- promote values including tolerance, compassion, respect, and kindness
- fight bullying
- improve literacy

We’re pleased that the entire program is supported by the non-profit Boniuk Foundation, making it affordable as well.

This brochure explains the methodology that we used to design this SEL curriculum and describes all the component parts that make it highly effective, as well as something that teachers and kids actually enjoy making part of their days. Review the brochure, talk to our representatives, and ask for a sampler to see a complete lesson plan for each grade. You can also read the related white papers and teacher testimonials on our website!

We are very proud of this program and excited about working with you to create young heroes in our schools, on our playgrounds, online, and in our communities.

Amy Newmark
Publisher and Editor-in-Chief
• Addresses all five SEL Competencies:
  - Self-Awareness
  - Self-Management
  - Responsible Decision-Making
  - Relationship Skills
  - Social Awareness

See correlations for all grades at www.chickensoup.com/hallwayheroes.

• Reduces bullying behavior by using real-life stories about children who have experienced bullying in some form. Lessons get students involved in activities and discussions leading to more tolerance, compassion, respect, and kindness. Cyber-bullying and the appropriate use of social media are included throughout the program.

• Literacy-based lessons allow Hallway Heroes to be used in the classroom if desired. The lessons involve pre-reading activities, reading, comprehension, speaking and listening, and writing. Correlations to literacy standards from each state are available on our website.

• Real-life stories about the social and emotional issues students face every day are the foundation for each unit, and each lesson’s activities evolve from them. True stories resonate with students in a way that naturally creates interest in the classroom and allows the students to easily relate to the characters in the story and their situation.

• Research-based lessons incorporate proven research strategies in social emotional learning, literacy, and bullying prevention. Two research white papers are available on our website.

• Classroom Packages and Counselor Packages are available for Hallway Heroes for elementary and middle schools. Standard packages are included in this brochure and we can customize any package as needed.

• Companion television show — Chicken Soup for the Soul Hidden Heroes television show is aired weekly. This show reinforces the messages that are found in Hallway Heroes. Check your local TV listings for the time in your area.
Each classroom package contains:

26 Copies of *Chicken Soup for the Soul: Be the Best You Can Be*  
(one for the educator and 25 for the students)

- Book includes inspiring real-life stories about goals and values for kids and preteens
- Educators and families can also use book for additional assignments, independent reading, or reading at home

1 Teacher Guide & Lesson Plans Book

- Spiral-bound teacher guide (which includes lesson plans) guides educators through 12 entertaining and varied lesson plans, providing numerous ways to engage students and use real-life true stories for social and emotional learning

25 Student Journals

- Provides opportunities for students to react to the *Chicken Soup for the Soul* stories and lesson activities through open writing/drawing activities and personal narratives

1 Storyboard Book (48 charts total)

- Storyboard book is intended to aid in group reading and discussion of the real-life stories from *Chicken Soup for the Soul: Be the Best You Can Be*
- The storyboard book contains quotes and illustrations from each of the 12 stories featured in the module
- 4 storyboards per lesson: beginning, middle, end, and summary

10% discount for orders of $1,000 or more!

These are our standard packages. Contact us to create a customized package for your school!

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Please note: additional 10% for shipping; minimum shipping charge of $20
Each classroom package contains:

26 Copies of *Chicken Soup for the Soul: Be the Best You Can Be* (one for the educator and 25 for the students)
- Book includes inspiring real-life stories about goals and values for kids and preteens
- Educators and families can also use book for additional assignments, independent reading, or reading at home

1 Teacher Guide & Lesson Plans Book
- Lessons include cyberbullying and social media
- Spiral-bound teacher guide (which includes lesson plans) guides educators through 12 entertaining and varied lesson plans, providing numerous ways to engage students and use real-life true stories for social and emotional learning

25 Student Journals
- Provides opportunities for students to react to the *Chicken Soup for the Soul* stories and lesson activities through open writing/drawing activities and personal narratives

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www.chickensoup.com/hallwayheroes
Middle School Program: Grades 6 (Middle) – 8

Each classroom package contains:

26 Copies of *Chicken Soup for Soul: Create Your Best Future* (one for the educator and 25 for the students)
- Book includes inspiring real-life stories about making the right decisions for preteens and teens
- Educators and families can also use book for additional assignments, independent reading, or reading at home

1 Teacher Guide & Lesson Plans Book
- Each lesson includes a specific section on cyberbullying/social media and project-based learning
- Spiral-bound teacher guide (which includes lesson plans) guides educators through 12 entertaining and varied lesson plans, providing numerous ways to engage students and use real-life true stories for social and emotional learning

25 Student Journals
- Provides opportunities for students to react to the *Chicken Soup for the Soul* stories and lesson activities through open writing/drawing activities and personal narratives

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Additional Online Resources

- Students, parents, teachers, and administrators have access to a variety of online resources. These include:
  - Educator Portal
  - Basic orientation video
  - Electronic versions of handouts
  - Listings of scopes and sequences
  - Alignments to each state’s literacy and social and emotional learning standards
  - White paper research documents
  - List of SEL correlations
  - Educator Quick Star Guide
  - Social media links
- Additional materials
  - Submission form for possible inclusion on TV or social media
  - Gallery of videos
  - Family Portal: Parent training and resources
  - Student Portal: Supplementary student resources

Administrator Implementation Guide

- Each school/district receives an implementation guide to assist administrators in effecting a smooth implementation of the curriculum in their schools.
The personal journals are an integral part of the literacy-based lesson plans. They provide an opportunity for students to react to the *Chicken Soup for the Soul* stories and lesson activities through open writing/drawing activities and personal narratives.

- Journals used as a safe, personal place to record student’s thoughts and create a keepsake
- Students record their thoughts, feelings, and reactions to the stories
- Students write about how they will apply what they are learning to their own lives
- Different versions of student journals for each of grades 1 through 8
- Journal prompts designed to elicit in-depth answers from students by asking open-ended, meditative questions

**Each lesson includes:**
- Story summary page: students describe characters, lessons learned from story, and applications of lessons to their own lives
- Blank page: provides space for educators to include additional activities or prompts, or students to write or draw additional reflections
- In Middle School: cyberbullying/social media scenarios for students to apply lessons they are learning in class to real-world situations

At the end of each lesson plan in the Teacher Guide, the corresponding journal prompts and activities are listed for educator reference. These prompts and activities are printed sequentially in the student journal.
The spiral-bound Teacher Guide and Lesson Plans book guides educators through 12 lessons (divided into 3 sub-lessons), providing numerous ways to engage students and use real-life stories to develop all five SEL competencies.

**Proactive literacy-based lesson plans follow a similar outline:**

- Pre-reading activity/discussion
- Students read short story:
  - Elementary School Program: *Chicken Soup for the Soul: Be the Best You Can Be* (teachers read the stories and use the illustrated storyboards in grades 1 and 2)
  - Middle School Program: *Chicken Soup for the Soul: Create Your Best Future*
- Story addresses bullying or related situations
- Discussions after reading, with prompts from the Teacher Guide
- Students answer questions in student journals about the story and how the story relates to their own experiences
- Students have writing assignments in the student journals

**How is the Middle School program different from the Elementary program?**

- Includes two new sections in EACH lesson:
  - Specific cyberbullying/social media issues and responsibilities
  - Project-based learning: each grade works on a project throughout the module
- Instead of teacher-directed, more teacher-facilitated and student-directed

**In summary, students will be reading, comprehending, listening, discussing and writing in every lesson.**

- 12 lessons per grade level broken up into short 5-15 minute sub-lessons
- Lessons designed to be used during classroom literacy time, counselor sessions, advisory periods, health classes, physical education periods, after-school, etc.
- Each lesson is aligned to national SEL competencies and all state literacy standards

**Two versions of Grade 6—Elementary and Middle School**

- Elementary School version matches Elementary School program and uses *Chicken Soup for the Soul: Be the Best You Can Be*
- Middle School version matches Middle School program and uses *Chicken Soup for the Soul: Create Your Best Future*
Chicken Soup for the Soul Hallway Heroes is available in Spanish for the following grades:

**Grades 1–6 (Elementary):**
- Entire book *Chicken Soup for the Soul: Be the Best You Can Be*
- Parent letters
- Parent workshop/training

**Grades 1–3:**
- Teacher Guide pages:
  - All student handouts
  - Pre- and post-assessments
- Student Journals
- Grades 1 & 2 Storyboards

**Grades 6 (Middle)–8:**
- Parent letters
- Parent workshop/training

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Chicken Soup for the Soul Hallway Heroes is available in special packages for school counselors. Designed for multi-grade level instruction by school counselors, each package includes*:

**Counselor Package A (grades 1–5)** includes:
- 1 Storyboard for each of grades 1–2
- 1 Teacher Guide for each of grades 1–5
- 1 Storyboard Book for each of grades 1–2
- 26 *Chicken Soup for the Soul: Be the Best You Can Be* books
- 25 Student Journals for each of grades 1–5 (optional)

**Counselor Package B (grades 1–6 (Elementary))**:
- 1 Storyboard for each of grades 1–2
- 1 Teacher Guide for each of grades 1–6 (Elementary)
- 1 Storyboard Book for each of grades 1–2
- 26 *Chicken Soup for the Soul: Be the Best You Can Be* books
- 25 Student Journals for each of grades 1–6 (Elementary) (optional)

**Counselor Package C (grades 6 (Middle)—8)**:
- 1 Teacher Guide for each of grades 6 (Middle)—8
- 26 *Chicken Soup for the Soul: Create Your Best Future* books
- 25 Student Journals for each of grades 6 (Middle)—8 (optional)

*Additional sets of journals available in sets of 25. Additional sets of books and journals available in sets of 5.

**Available with coordinating Spanish components.

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Teacher and Student Testimonials

As a classroom teacher for the past 43 years, I am rarely this enthusiastic about a program… Not only does Hallway Heroes support my students’ skills and knowledge level of the State Standards, but it has been instrumental in promoting tolerance, respect, compassion, and kindness in our classroom while developing social and emotional skills. I love how preventative this program has been—helping to reduce bullying behaviors before they even begin… I have taught many programs over the years that address bullying. This is the first one that I truly believe in, where I see the results, and in which the children are completely engaged.

—Catherine Kopp, Teacher, Denver, Colorado

This program provides our students with an opportunity to discuss their feelings of self-esteem and friendship in a safe environment. They have learned so much about having empathy for others and about putting others’ feelings and needs before their own. Each lesson layers on another skill our children need to develop healthy relationships with themselves and each other.

As a school counselor who is always on the go, I really appreciate the easy to follow guide. I need very little prep time for each lesson. I also like that there are so many activities provided, that the classroom teachers can easily extend each lesson during their own time.

Because of the Chicken Soup for the Soul program, we are seeing kinder students who treat each other with empathy and respect. We are so proud of our Hallway Heroes!

—Rebecca Broadwater, School Counselor, Wheeling, WV

It can tell kids that don’t let someone take away your power. Don’t let someone take away your innocent. Don’t give up because it’s challenging. All of these lessons and many more are great for kids to know so that kids don’t grow up as indecent human beings.

—A, Grade 5

The best part of hallway heroes is you get to learn about all the different types of stories people have about bullying problems. Another reason that Hallway Heroes has been a good program is that it teaches you how to stand up for yourself and be an upstander for others… It also has a lot of lessons that teach you how to be a better person… It’s been a great experience.

—S, Grade 5

The best part of using Chicken Soup for the Soul is the fact that it helps people — men, women and child — prevent and stop bullying… These stories INSPIRED me to be nice, friendly, generous and respectful… I think another great thing about Chicken Soup for the Soul is that these stories make you think about the bully and victim situation… people don’t always think about the bully… maybe the BULLY got BULLIED before. Who knows? The bully may have been a victim once. In my opinion I DON’T LIKE it when people don’t think about the bully, how people judge the bully by its cover.

—G, Grade 5

SOLE SOURCE
Available exclusively through Chicken Soup for the Soul representatives

Contact Us

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National Education Program
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Cos Cob, CT 06807

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855-398-0443

Fax
203-861-7194

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education@chickensoupforthensoul.com