



LIFE SCHOOL



# Life Habits

**WELCOME TO  
FAMILY NIGHT!**



## WHY?

Life Habits is designed to develop students' social and emotional intelligence, which is vital for **success both in school and in life**. It focuses on:

- safety, security, and connection in the classroom
- identifying and expressing different emotions
- managing and harnessing emotions to support and enhance learning

Life Habits provides lessons that take just minutes a day to help students . . .

- feel safe and ready to learn
- behave in positive and constructive ways
- manage and express emotions responsibly
- gain focus and improve attention
- reduce stress and calm themselves
- eliminate bullying and impulsive behavior
- elevate their self-esteem and confidence
- improve teamwork and collaboration
- become healthier and more responsible
- develop intellectually and academically
- gain the social skills that employers seek

# WHAT IS LIFE HABITS?



## ● Curriculum

Our Life Habits curriculum is driven towards helping the student understand and manage emotions, establish and maintain positive relationships, and make responsible decisions.

## ● Framework

An integrated framework that combines the use of *LifeLeader Attributes*, *Positive Behavioral Intervention & Supports* (PBIS), and *Social-Emotional Behavioral Skills* curriculum to address the needs of the whole child and create a positive classroom environment.

## ● Rationale

Explicitly teaching and cultivating these social, emotional, and behavioral skills helps create a safe environment, improves student attitudes toward school, and reduces depression and stress among students.

*“The mission of Life School is to  
**develop leaders with life skills**  
through strong academics, character  
training and partnerships with parents  
and the community.”*



# LIFELEADER

## WHEN?

Life Habits lessons are a key part of our daily routine. Most classrooms **begin the day** with personal reflection, discussing emotions, and engaging lessons to set students up for success **throughout the day**. These lessons help students understand how different parts of the brain work together while instilling LifeLeader attributes that represent important life skills.

