



Social & Emotional Learning Reimagined

If we do not address the needs and growth of the *whole child*, then we are doing a major disservice to our students. Beyond the traditional academic program, schools have consequently begun putting greater focus on the development of the full range of Social & Emotional skills. This push towards non-cognitive, 21st century skills such as resilience, gratitude, and compassion over the past decade has demonstrated a clear need for a thoughtful SEL framework that all schools can use to ensure that they are addressing student needs fully.

Thrively's strengths-based platform offers a novel solution to this challenge. By engaging students around their strengths, interests, and aspirations, they develop a deeper self-awareness. That type of rich personal understanding is an essential starting place for any conversation about Social & Emotional learning. From there, educators can use Thrively's rich assessment data to build a strengths-based culture within the classroom--an environment where SEL skills are valued, nurtured, and grown.

On the platform, students can be led on a journey of lessons built around the development of social and emotional skills, all curated by their teachers to fit their particular school context. Thrively's robust lesson library contains hundreds of lessons around key SEL topics like empathy, communication, and self-esteem. Each lesson in Thrively then prompts reflection from students, causing deeper learning and enabling individual teachers to review student work in real time with the ability to personally respond.

From there, if teachers want to engage small groups or even whole classrooms around particular topics or problems to solve, Thrively's project tool allows them to open a class-wide dialog in one virtual space, complete with the ability to comment on the conversation. A teacher, for example, might generate a project around developing empathy, challenging students to execute a collaborative service learning project for their local community.

In addressing this vital need for SEL education, Thrively has developed one single, comprehensive program that can support schools in their work to empower students as reflective, empathetic, and mindful learners. From our industry-first strength assessment to the

hundreds of skill development lessons and from journal reflections to goal-driven portfolios Thrively offers tools to enable the full spectrum of Social & Emotional Learning initiatives.



1. **Self-Awareness.** Any program focused on Social & Emotional Learning should start with a student's comprehensive understanding of themselves. What are their strengths, dispositions, skills, aspirations, etc.? Fully leveraged by instructors, this information can help to personalize instruction and thereby more deeply engage students in the learning journey.
2. **SEL Skill Development.** The highly collaborative, diverse modern world requires an entirely new set of social awareness and relationship skills, developed in addition to the traditional academic program. Social & Emotional skills such as empathy and mindfulness are no longer seen as peripheral, but have rather been acknowledged as central to every student's personal development.
3. **Constant Reflection.** With Thrively's Journaling Tool, students are asked to reflect on every piece of skill-building content with which they engage. Reflection leads to deeper connection and absorption, so that students begin to actually be able to apply their learning to everyday situations.
4. **Self-Assess Growth.** Students are far more likely to find success in the future if they develop the technique of setting goals for themselves, building realistic action plans, and then holding themselves accountable for demonstrating progress along the way. With non-cognitive SEL skill development, this is particularly relevant, as ongoing growth needs to become self-driven and self-moderated over time.
5. **Applied Projects.** Thrively's highly collaborative Project Tool connects students with opportunities to tackle real-world problems and employ their SEL skills in new settings. Students can engage in service learning projects as working teams, specifically applying newly developed skills and building upon them via direct experience.

Highlights of the Thrively Platform

Personalized Instruction

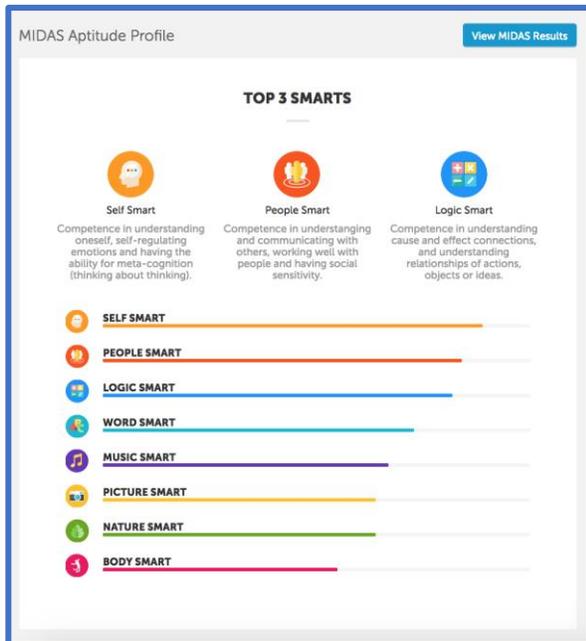
Self-understanding is the necessary starting place for any meaningful engagement around Social & Emotional Learning. Only once students better understand themselves can they work to build their social awareness.

Thrively's industry-first Strengths Assessment, designed for adolescents by leading pediatric neuropsychologists, engages students around their strengths, interests, and aspirations. After a short, 30-minute Assessment, each student (and parent) is presented with a thorough Strengths Profile, which can guide the student's personalized learning experience moving forward.

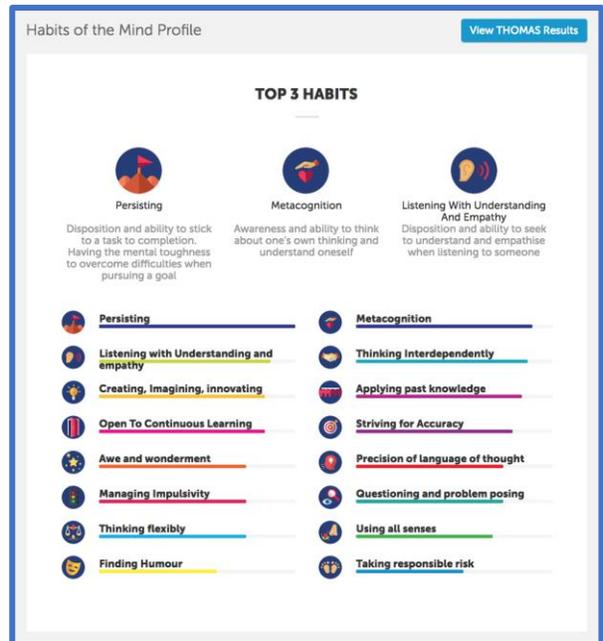
The screenshot displays a user profile for Ashley. At the top left is a circular profile picture of a young woman. To its right, the name "Hello Ashley" is prominently displayed. Below the name, the user's affiliation "Thrively STEAM Academy" and the parent's name "Dan Chang, Parent" are listed. A "Top Strengths" section lists "Creative Thinking", "Verbal", and "Analytical". To the right of the profile are two icons: "My Digital Portfolio" and "My Library". A large red circular badge on the right indicates a "PASSION SCORE" of 1187. Below the profile information is a horizontal menu with icons for "Pathways", "Sparks", "Lessons", "Projects", "Activities", and "Journals". The main content area is titled "Official Thrively Assessment Profile" and includes a "Strength Roadmap" button. The profile text identifies Ashley as a "Creative Thinker, Analyst Extraordinaire, Master Storyteller" and lists "TOP STRENGTHS: Creative Thinking, Verbal, Analytical, Compassion, Academic". Two paragraphs of descriptive text follow, highlighting her flexible thinking and ability to articulate ideas.

Thrively Strengths Profile

For schools that wish to go even deeper, Thrively offers the MIDAS Aptitude Profile, which measures Howard Gardner's Multiple Intelligences, as well as the THOMAS Assessment, based on Arthur Costa & Bena Kallick's Habits of Mind. Taken together, these assessments provide a comprehensive understanding of each learner.



MIDAS Profile



Habits of Mind

The Strengths Profile is an incredibly powerful tool in opening genuine, deeper-level communication between teachers, students, and parents. Each year, teachers can start with a comprehensive understanding of their incoming students, often much more complete than they would have otherwise had even by the end of the school year. This strengths-based approach to classroom engagement is quite powerful, indeed.

From there, teachers can use the Strengths Profile to engage parents around their children's educational journey in a positive, meaningful way. They can open the year by sending a copy of the Profile to parents with encouraging words. They can use the Profile as the centerpiece of a back-to-school night or the starting place for a parent-teacher or parent-teacher-student conference.

Further, teachers can view profiles across the entire classroom to understand how student strengths and interests cluster and differentiate for personalization of learning and the assignment of projects. They can build teams around diverse strengths or group students according to specific interests.

Hello Jeanne
Invite Code : RHYVDS1M Student Login Info

My Class My Playlists My Library Faculty List

Pathways Sparks Lessons Projects Activities Journals

Class/Section : #Homeroom Search Students Add Students Stats Strength Certificates Student Logins Manage Class

1187 Ashley Carter
Aspiring to be an Actor or Actress. Interested in Academics. Dan Chang, Parent

362 James Collins
Aspiring to be an Airline Pilot. Interested in Outdoor Recreation. Team Thrivaly, Parent

174 Jamie Sanders
Aspiring to be an Architect. Interested in Creative Arts. Jamies Dad, Parent

87 John Hill
Aspiring to be a Dentist. Interested in Dance. Andy Lay, Parent

105 Kris Holmes
Aspiring to be a Business Person. Interested in Creative Arts. Adrienne Fuller, Parent

You have a high ceiling with particular growth potential around your social acumen and memory

TOP STRENGTHS
Social, Memory, Verbal, Compassion

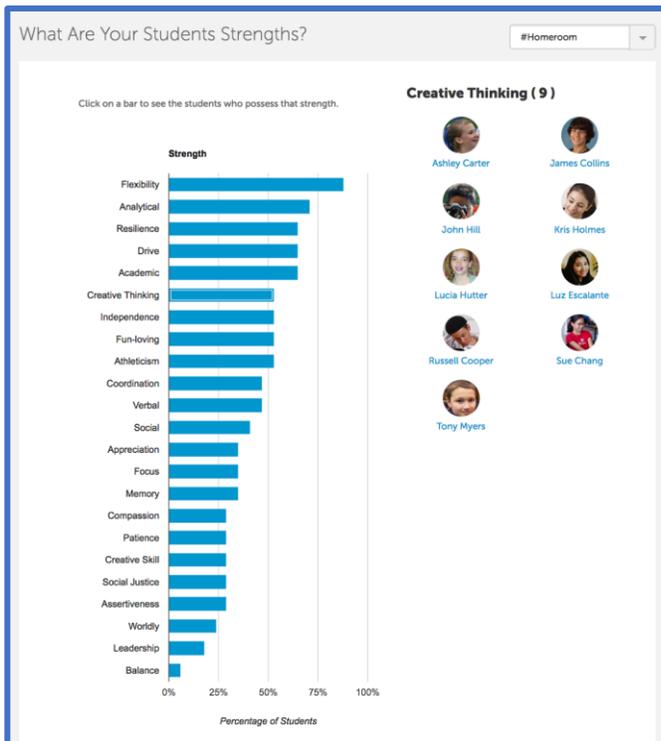
ASPIRATIONS
Artist, Teacher

INTERESTS
Academics, Debate, History

View Full Strength Profile

Teacher Classroom View

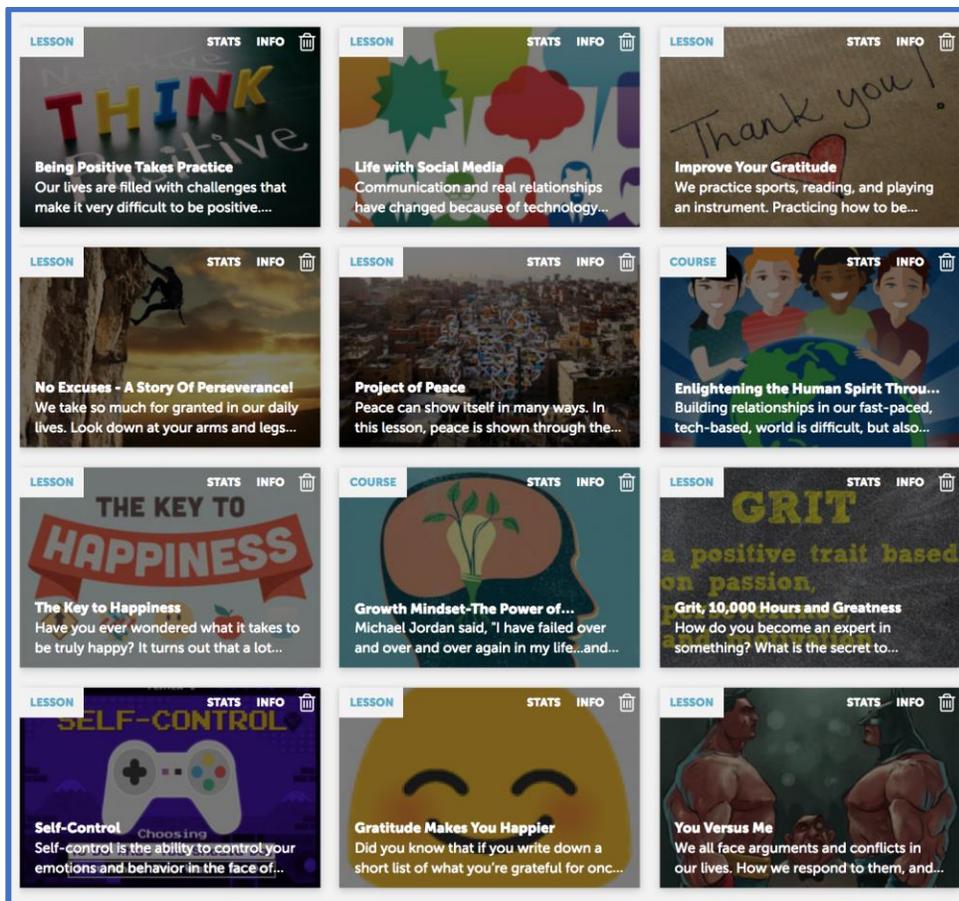
At the administrative level, leaders can easily track strengths and interests across individual classes, grade levels, or entire schools.



Collective Strengths Report

SEL Skill Development

Thrively joins forward-thinking educators in the belief that we must provide all students with the skills needed to become truly global citizens who fully engage the world around them. Our rich library of online lessons includes scores of lessons focused on the development of core SEL skills including empathy, gratitude, listening, self-control, teamwork, and reflection. Playlists of lessons can be easily assembled from the Thrively library and then pushed to individual classes, grade levels, or entire schools.



Playlist Containing SEL Skill-Development Lessons

Individual lessons generally last 20-30 minutes and are designed to easily fit into a single class period. Within the lessons, students are presented with engaging multi-media content (short videos, infographics, interactive websites, etc.) followed by journal prompts for reflection. Teachers can easily use the journal reflections, combined with a deeper learning question to launch a classroom discussion, further instilling the featured skill or value.

← | Lesson : Empathy



Overview: In this lesson, we will understand the diversity that exists in the world and how we can connect with others using empathy. We will also use skills of empathy to help ourselves and the world become a better place.

Skills: Self-management, social awareness, self-awareness, responsible decision making, problem-solving, critical awareness, and empathy.

Age: 10 - 18 | **Duration:** 30 min [Share Lesson](#)

Assign to your Students
 Assign to students by adding to a Playlist. Your students will access this lesson in the Playlists

[+ Add to Playlist](#)

2
Started

0
Completed

0
Journal entries

Exercise 1: What is Empathy & Why is it Important?

Watch the video below to learn about empathy and why it is important in school.



Your Notes What is empathy to you? Why is empathy important?

Your students will enter their journal reflections here.

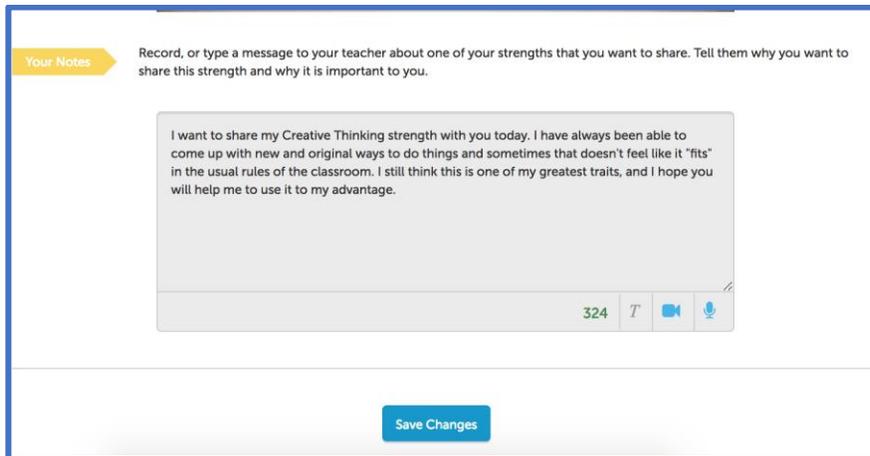
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Lesson Detail Page

In addition, Thrively works directly with individual schools in order to develop custom playlists around both existing lessons and self-generated content in order to precisely match the schools' needs for skill development within their desired context.

Reflection Leads to Deepening Self-Awareness

As an essential cornerstone of Thrively's approach, students are consistently asked to reflect on the lessons and experiences they engage with on the platform. Frequent reflection via the multi-media journaling tool helps students to identify emotions and become better attuned to their own strengths and challenges.

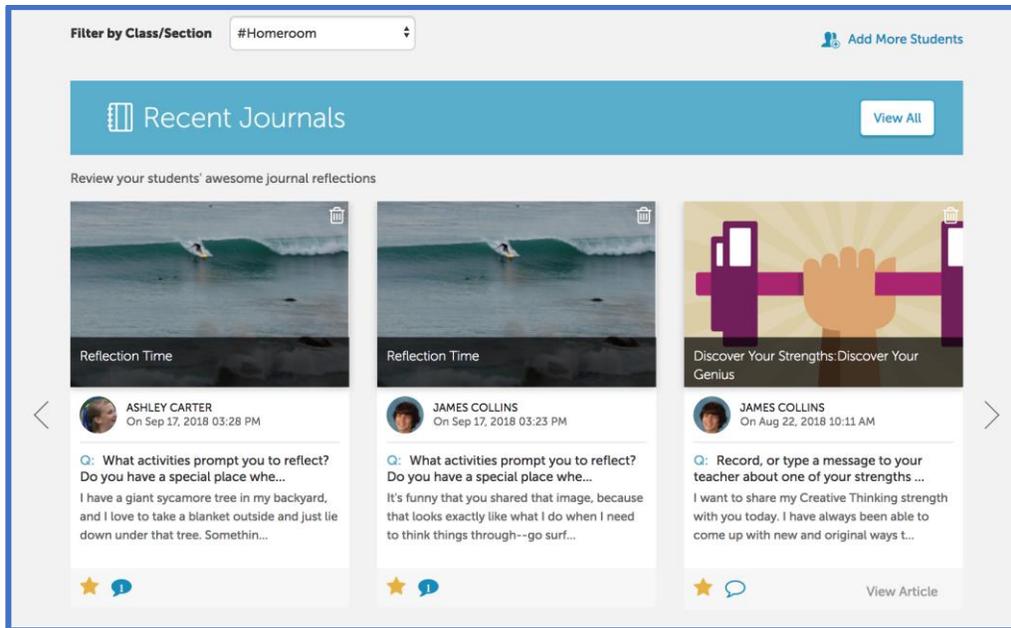


The screenshot displays a digital journaling interface. At the top left, a yellow tab labeled "Your Notes" is visible. To its right, a prompt reads: "Record, or type a message to your teacher about one of your strengths that you want to share. Tell them why you want to share this strength and why it is important to you." Below this is a large, light gray text input area containing a sample message: "I want to share my Creative Thinking strength with you today. I have always been able to come up with new and original ways to do things and sometimes that doesn't feel like it 'fits' in the usual rules of the classroom. I still think this is one of my greatest traits, and I hope you will help me to use it to my advantage." At the bottom right of the text area, there are icons for character count (324), text formatting (T), video recording, and audio recording. A blue "Save Changes" button is positioned at the bottom center of the interface.

Student Journal Interface

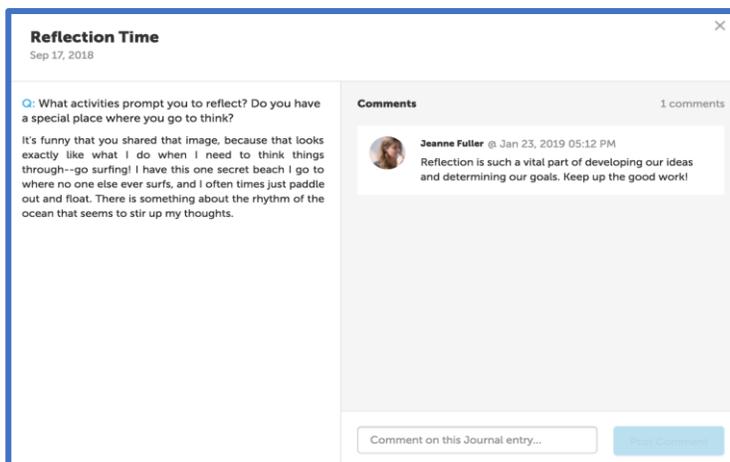
Each piece of skill development content on Thrively contains journal prompts embedded into the lessons. In addition, Teachers can design custom journals that push students to reflect directly upon their own SEL development. Students can choose to respond via text, video, or audio, enabling all students to find a comfortable way to engage.

All student journal entries come to the teacher's dashboard in an easily-sortable interface. The instructor can look at all reflections from a particular lesson, a specific class, or an individual student. With a digital record of all journal reflections throughout a school year, teachers can track student growth over time and use that progress as a starting place for student or parent-student-teacher conferences.



Teacher Journal Home

Thrivily's journaling tool enables teachers to provide directed feedback to students using a convenient comment system. Simply type in a response to any student's reflection and he or she will receive that feedback in real-time, cutting out the instructional delay that occurs when journals must be collected and taken home to review.

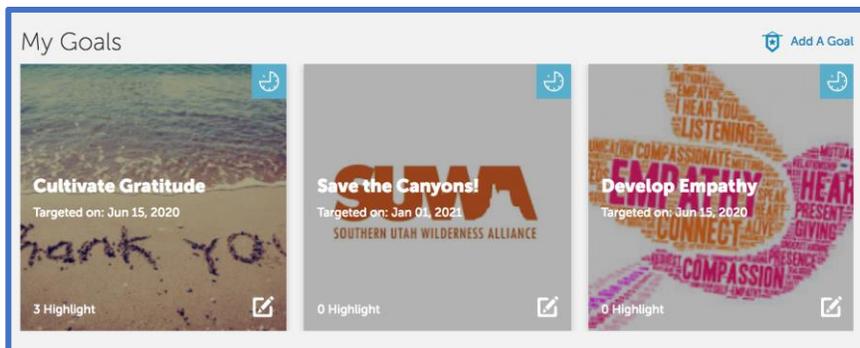


Teacher Responding to Student Journal

Students Track Growth

In Thrively, a student's Digital Portfolio becomes a multi-dimensional, active record of their growth. Managed by the student and shared with teachers and parents, the portfolio is an ideal platform for empowering kids with a real sense of ownership over their own educational journey. The combination of self-motivation and self-reflection is an essential part of promoting deeper SEL growth that will stick with a student over a lifetime.

Students are able to build their own personal summary, including an overview statement as well as any number of key artifacts (video, image, document) which they feel particularly define their journey. From there, the Digital Portfolio enables students, teachers, and schools to establish goals that each student can track, posting highlights to show progress along the way. The flexibility of this section of the Digital Portfolio means that goals can range from individual personal or academic goals to school-wide learning or performance goals.



Goal Setting within Digital Portfolios

Whenever establishing a specific goal in Thrively's Digital Portfolio, students are taken through the process of setting a target date for completion and building an Action Plan. Within the Action Plan, the student, teacher, or school can provide resources such as rubrics that help to guide progress. Simply leading students through a discussion of a rubric built to measure non-cognitive skills like collaboration can continue to develop the students' SEL understanding.

Then, every time they make progress towards their goal, students add a Highlight, which demonstrates their increasing mastery. They are specifically prompted to reflect on *how* and *why* each particular demonstration of growth, or Highlight, demonstrates real personal growth. This process-based approach teaches students to both set goals for themselves and make concrete plans for meeting them.

Cultivate Gratitude

CREATED: Mar 08, 2019
TARGET: Jun 15, 2020



✎ Edit Your Goal
✔ Complete Goal

My Action Plan Edit My Action Plan

- Be aware of myself and present in the moment.
- Acknowledge everyone for their strengths and gifts.
- Keep journal for nightly "Things I'm thankful for today."



The Science of Gratitude

My Goal Highlights Add A Highlight



Took class at Meditation Center

March 2019



Gave gifts of thanks.

January 2019



Presentation on mindfulness

November 2018



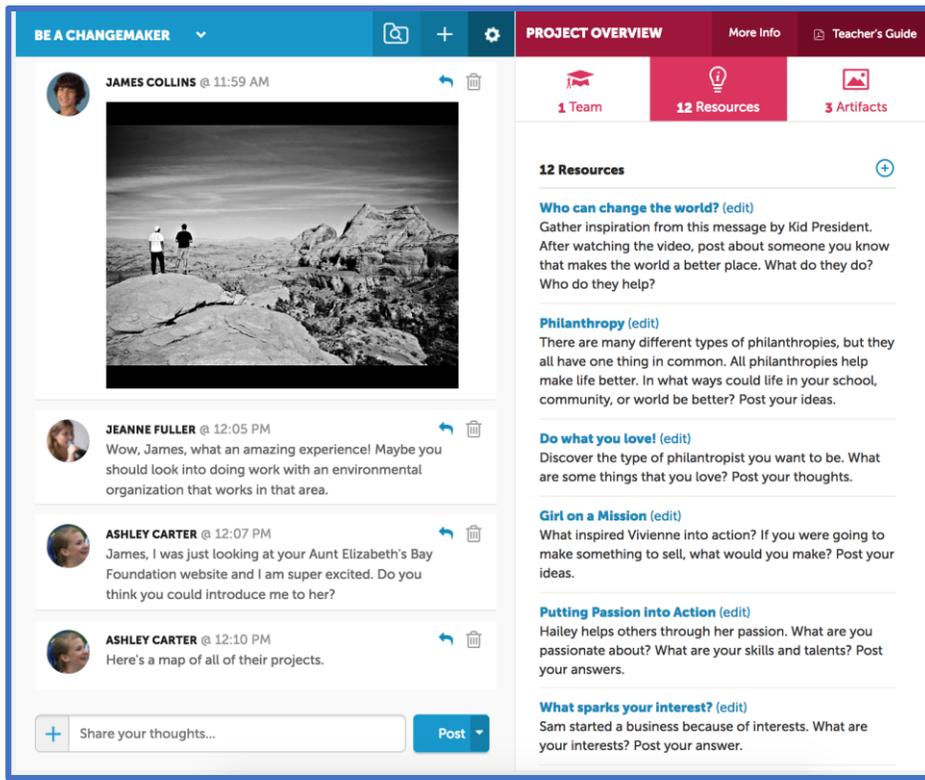
Add a Highlight

Goal Tracking

At the end of a K-12 journey, the Digital Portfolio will provide a college counsellor with an incredibly rich portrait of each student. Student strengths, goals set, demonstrations of mastery, key artifacts of learning, and outside activities can all be gathered in one place.

Deeper Learning and Collaboration with Projects

The best way to cement newly developed SEL skills is to have students engage in problem solving through highly-collaborative projects on Thrively's Project Tool. When students collaborate with peers on challenging, real-world problems they have the opportunity to build on their social awareness and develop a real respect for others via working partnerships. Projects centering on service learning seamlessly continue the development of essential SEL skills such as empathy and understanding.



Service Learning on the Project Tool

Projects come with extensive directions, rubrics, and resources (documents, website links, videos, slideshows, etc.), all easily accessed under the Resources heading. Any time a student needs to re-visit an earlier resource or direction, they are always in the Project Tool.

The Project Tool offers teachers the ability to establish discreet groups that can then have an ongoing dialog about the project right there in the communications window, with the teacher being able to track progress and communicate in real time. Each project workspace functions like a private social media channel, specific to each group and their learning experience.

Our online project library of over 50 engaging projects facilitates deeper thinking and the development of non-cognitive skills through applied learning. Teachers can use one of Thrively's projects "off the rack," customize parts of the project to better meet their particular context, or develop their own projects from whole cloth.

Select existing projects

Browse our library of social impact, entrepreneurship, and service learning projects.

Select a Project

- World Hunger: The UN Needs You!
- Reptiles and Snakes
- Madisono's Gelato Case Study
- The Physics of Curry's Jumpshot
- Gems and Jewels
- Comic Book Extravaganza
- Building Bridges
- Shake It Off! Earthquakes
- Engineering: Move Light, Sound, Electricity & Heat

World Hunger: The UN Needs You!
✕



The United Nations has made solving world hunger one of their core missions. You can help. Research the issue and come up with your solution to world hunger.

Skills developed
critical thinking, geography

Age: 12 - 18 **Author:**  Team Thr...

Resources

Resource 11: United Nations
Here's 2014's Millennium Development Goals Report.

Resource 12: Center for Global Development
Learn the statistics of MDG Progress Index: Gauging Country-Level...

Resource 13: United Nations Development Group
Data bank of the good practices in some countries.

Cancel

Add this project

Project Library