



## **Program Overview & Learning Objectives**

### **“Stop, Think, Act” - Social-Emotional Learning Assembly Program**

Grades: K–6

Presenter: Obediah Thomas

Program Length: Approx. 45 minutes

#### **Program Overview:**

“Stop, Think, Act” is a dynamic and engaging live assembly that supports Social-Emotional Learning (SEL) and Positive Behavioral Interventions and Supports (PBIS) initiatives. Led by veteran school presenter Obediah Thomas, the program empowers students in grades K–6 with practical strategies to better understand and manage their emotions, develop empathy, and make responsible decisions.

Through an interactive blend of humor, music, storytelling, and student participation, the program models real-life scenarios that students may face at school, at home, or with peers. Obediah encourages self-awareness and emotional regulation, all while keeping students entertained and involved.

#### **Learning Objectives:**

*By the end of the assembly, students will be able to:*

- Recognize that emotions—including anger, frustration, anxiety, and sadness—are a normal part of life.
- Identify healthy and effective strategies to manage unpleasant emotions in various situations.
- Understand the importance of pausing to stop, think about their feelings and options, and then act in a safe and respectful way.

- Demonstrate empathy toward others by considering different perspectives and experiences.
- Reflect on how their behavior impacts those around them and how they can contribute to a kinder, more supportive school environment.

### **Educational Standards Alignment:**

*This program aligns with the CASEL framework and supports the development of core competencies in:*

- Self-Awareness
- Self-Management
- Social Awareness
- Responsible Decision-Making
- Relationship Skills

### **Benefits to Students and School Community:**

- Reinforces school-wide SEL and PBIS goals in an accessible, memorable format.
- Supports a positive school climate by promoting respectful and empathetic behavior.
- Provides students with a common language and set of tools for emotional regulation.
- Engages all learners—including visual, auditory, and kinesthetic—through multi-modal presentation techniques.

For schools seeking a meaningful, standards-aligned SEL experience that students will remember, “Stop, Think, Act” delivers both substance and style—presented in a fun, upbeat, and engaging way.