



Curriculum Overview

14-Week SEL + Literacy

Self-Expression Songwriting Curriculum

Annual License

A structured, repeatable 14-week SEL and literacy curriculum designed to help students build emotional awareness, confidence, and writing skills through the art of songwriting.

Program Overview

The **SEL + Literacy Self-Expression Songwriting Curriculum** uses songwriting as a creative tool for emotional expression, storytelling, and literacy development. Over 14 weeks, students explore emotions, practice reflective and narrative writing, and create original songs in a supportive, engaging learning environment.

This curriculum is designed to be **easy to facilitate**, **developmentally adaptable**, and **flexible** for a wide range of educational settings.

Who This Curriculum Is For

Grades: K–12 (developmentally adaptable)

Ideal Settings:

- Elementary, middle, and high schools
- After-school and community programs
- Homeschool families and co-ops

No music or songwriting experience is required.

Lessons and templates can be scaled for early learners through older students.

Program Structure

- **Length:** 14 weeks



- **Session Length:** 45–60 minutes
- **Frequency:** Once per week

Each session follows a predictable structure that supports student engagement, confidence, and creative expression.

Standard Weekly Flow

- Emotional Check-In / Survey
 - Warm-Up or Icebreaker
 - SEL + Literacy Mini-Lesson
 - Guided Songwriting Activity
 - Optional Sharing & Reflection
 - Emotional Check-Out
-

Curriculum Breakdown

Weeks 1–3: Foundations of Expression

- Emotional awareness and vocabulary development
 - Rhythm, rhyme, and descriptive language
 - Storytelling through music
 - Group songwriting and collaboration
-

Weeks 4–12: Weekly Personal Songwriting Cycle

Students write **one original song per week**; each centered around a selected emotion.

Key Features:

- Consistent songwriting structure builds confidence and literacy skills
- Emotion focus can be tailored to class or group needs



- Scaffolded prompts support diverse learning levels

Sample Emotions Include:

Joy, Sadness, Anger, Fear, Confidence, Gratitude, Loneliness, Hope, Pride, Peace

Weeks 13–14: Reflection & Celebration

- Reflection on personal growth
 - Narrative writing and discussion
 - Student song sharing or showcase
 - Program closure and celebration
-

Student Learning Outcomes

Social-Emotional Learning Outcomes

- Emotional awareness and vocabulary development
- Self-reflection and creative self-expression
- Confidence and voice development
- Empathy, listening, and community building

Literacy Outcomes

- Narrative and reflective writing skills
 - Sequencing and storytelling
 - Word choice and descriptive language
 - Oral communication and presentation skills
-

Assessment & Reflection Tools

- Before-and-after emotion surveys
- Journaling and songwriting reflections



- Observation and participation tracking
 - Student self-assessment tools
-

What's Included with Each License

Individual Educator License

Designed for individual teachers, counselors, and facilitators.

Includes:

- Full access to the **14-week curriculum**
 - Facilitator guide and lesson plans
 - Student-facing songwriting templates
 - Emotion surveys, reflection tools, and Feelings Wheel
 - **1 Self-Expression Songwriting Journal**
 - **12 months of digital access** and curriculum updates
-

Homeschool / Family License

Ideal for homeschool families, co-ops, and learning pods.

Includes:

- Everything in the Individual Educator License
 - **10 Self-Expression Songwriting Journals**
 - Access to **online songwriting mini lessons**
 - **12 months of digital access** and curriculum updates
-

School or Organization License

Designed for schools, nonprofits, after-school programs, and youth organizations.



Includes:

- Everything in the Homeschool / Family License
 - **50 Self-Expression Songwriting Journals**
 - **One virtual training session** for educators or facilitators
 - **20% discount on additional songwriting journals**
 - **12 months of digital access** and curriculum updates
-

District License

Best for district-wide or large-scale implementation.

Includes:

- **Custom quote** based on number of schools, students, and implementation needs
 - Customized licensing, training, and support options available
-

License Terms

All licenses are **annual** and include digital access for the duration of the license term.

Licenses are designed to be flexible, scalable, and supportive of diverse learning environments.