



Description: Slumberkins uses stories, character plushies, activities, and affirmations to teach social emotional skills to children in grades k to 2.

Purpose or goal of the program: Slumberkins characters come from three different crews: the resilience crew, the confidence crew, and the caring crew. Each character teaches their own lesson on an emotion they are experiencing. Slumberkins also comes with a seven lesson curriculum called “The Feels” in which one character teaches children about emotions, when they occur, how to react to emotions, and make positive choices. Each character comes with their own story and affirmation.

Number of participants needed (max/min): There is no minimum or maximum number of participants needed. Stories and lessons can be taught to a class.

Materials & space needed: Lessons can be taught within the classroom. Materials will include the story book, plushie, affirmation card, lesson plan, and any printed materials students require to complete the activities.

Supervision needed: One teacher and one facilitator.

Time commitment: Lessons can be taught during one or two periods.

Cost: Initial cost of the story packages including books, plushies, affirmation cards, and PDF printable lessons and activities.

Ideas (if applicable): Each crew (resilience, confidence, and caring) can be taught separately within three lesson plans, or individually based on specific class needs. “The Feels” can be taught as a linear program with all seven lessons.