

	<u>1-2-3 Wellness</u>	<u>Second Step</u>
What?	<ul style="list-style-type: none"> Research-based, holistic program that brings SEL, behavior, attendance, overall well-being tools together. 	<ul style="list-style-type: none"> Research- based SEL program
Who?	<ul style="list-style-type: none"> All preK-12 students and all adults 	<ul style="list-style-type: none"> All Prek-12 Students (not for adults)
Resources?	<ul style="list-style-type: none"> Weekly lesson plans, student workbooks, Wellness app for all, videos for adults 	<ul style="list-style-type: none"> Weekly lesson plans, student worksheets, student videos
Daily support?	<ul style="list-style-type: none"> Daily activities guide students to prime their brains for learning and relationship building and create wellness habits every day 	<ul style="list-style-type: none"> Lessons can benefit students who integrate what they have learned. Does <u>not</u> guide students to create daily wellness habits.
Individuals or group?	<ul style="list-style-type: none"> Group lessons and personalized tools 	<ul style="list-style-type: none"> Group lessons
Key features?	<ul style="list-style-type: none"> Game changing app empowers students and educators to develop life-changing, daily skills 	<ul style="list-style-type: none"> Game changing slide shows guide teacher and student discussions for powerful student SEL results
Adult support?	<ul style="list-style-type: none"> Resources guide adults to decrease stress and develop their own daily wellness habits 	<ul style="list-style-type: none"> Resources are <u>not</u> for adult learning
Individual Data?	<ul style="list-style-type: none"> In addition to student workbooks, each person learns their own personalized wellness patterns including what activities help them when they are feeling different emotions like happy, stressed or sad 	<ul style="list-style-type: none"> Students answer questions in their workbook and can reflect thereafter. Teachers support students in integrating their learning into other environments beyond the classroom
Schoolwide data?	<ul style="list-style-type: none"> Admin and teachers can press one button to see how their whole school, class or individual students are feeling and what is helping them focus in class 	<ul style="list-style-type: none"> No
Is it a good program?	<ul style="list-style-type: none"> Yes! <p>Many schools use 1-2-3 Wellness to introduce a whole range of benefits to students and educators and transform the school culture. The program can be used with Second Step, PBIS and other programs</p>	<ul style="list-style-type: none"> Yes! <p>Many schools use Second Step to support students in developing powerful SEL tools. The program can be used with 1-2-3 Wellness to complement one another. Learn more: www.secondstep.org</p>

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