

SuperWheels Sampler

**A K-5 CASEL-Aligned SEL Curriculum
by award-winning author MK Mueller**

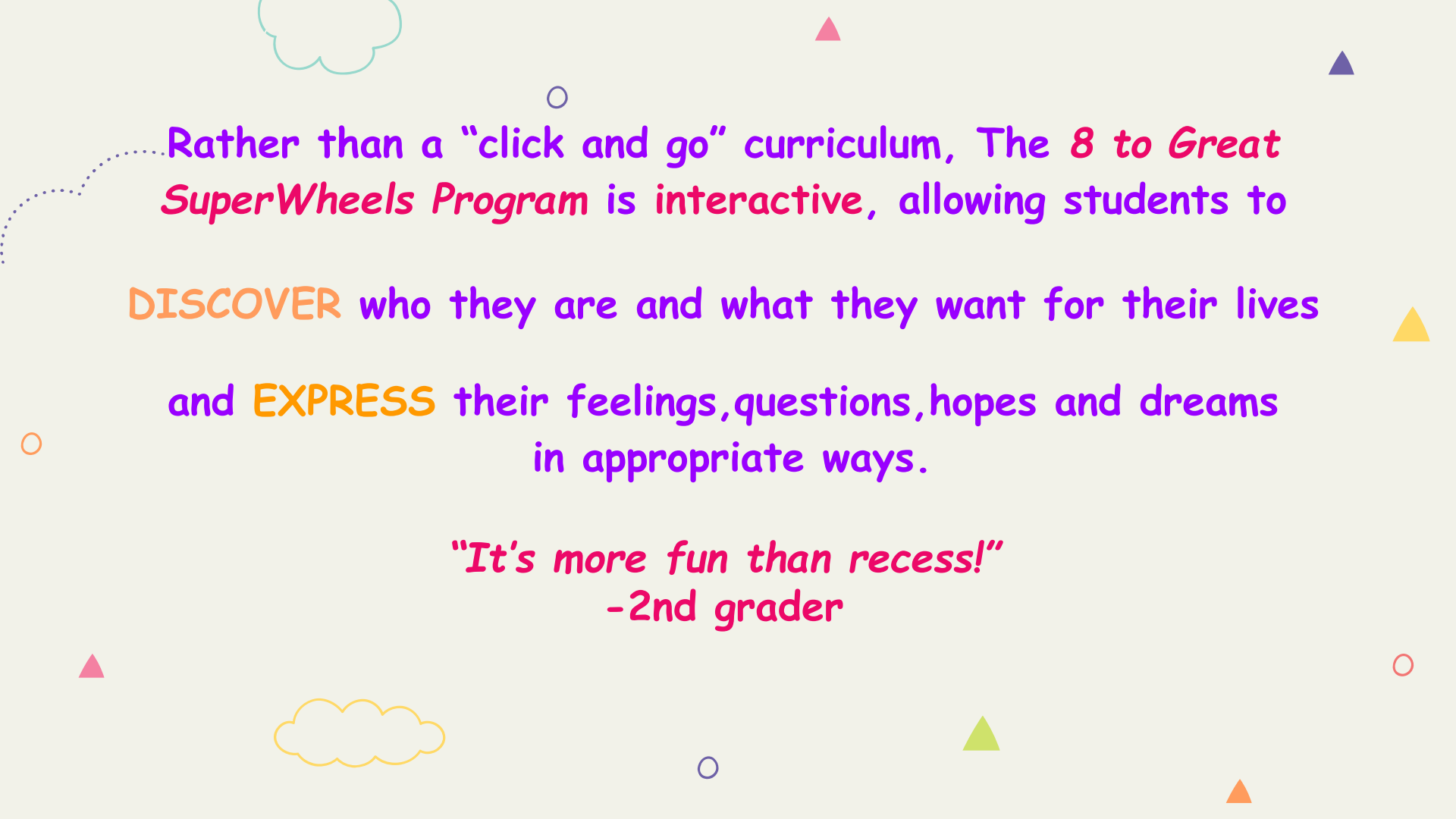


Written to align with the 6-12 Curriculum "8 to Great," it is

INTERACTIVE ENGAGING EMPOWERING

With 60+ Teacher-friendly
activities that students love!

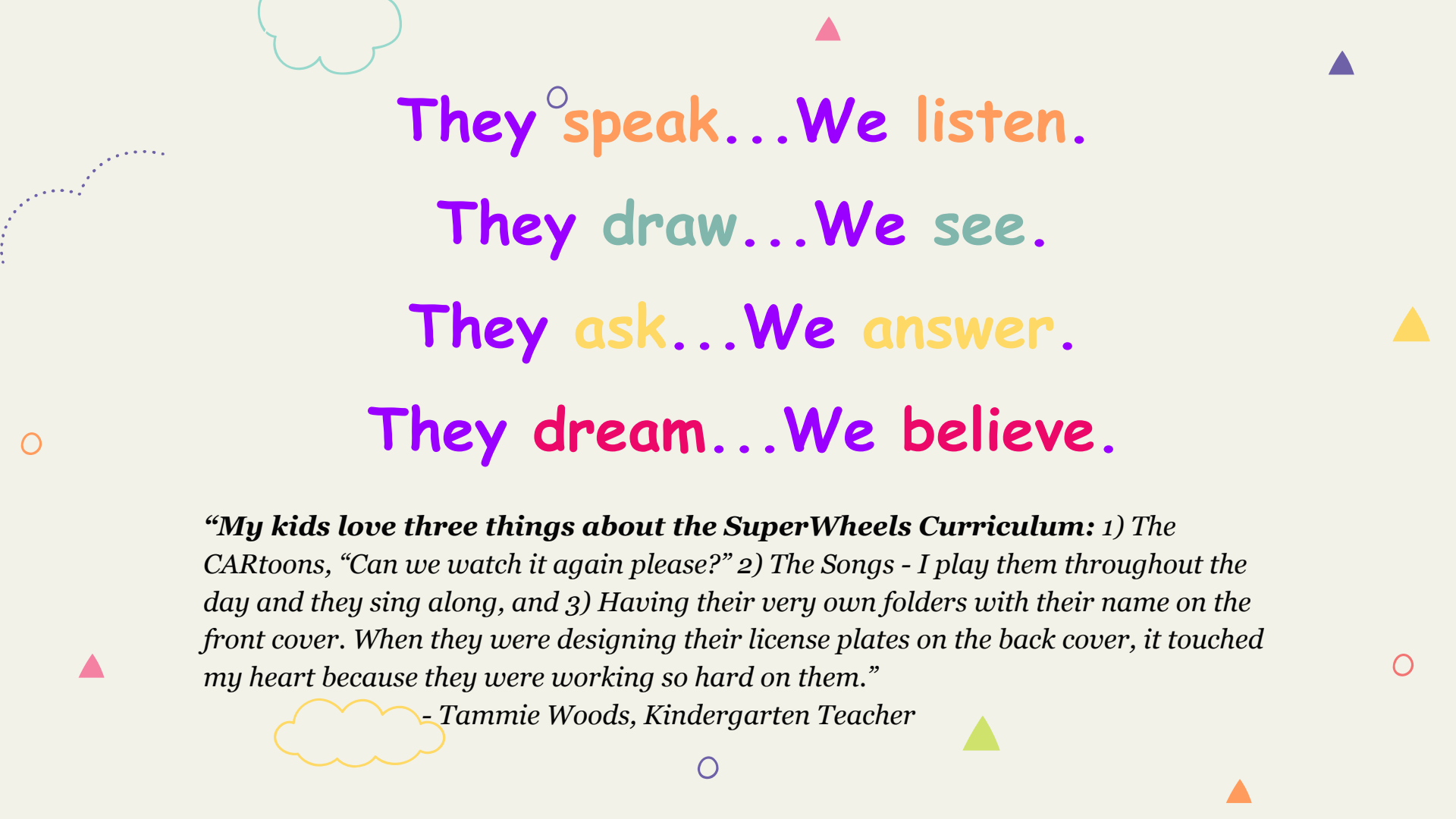




Rather than a “click and go” curriculum, The *8 to Great SuperWheels Program* is interactive, allowing students to

DISCOVER who they are and what they want for their lives
and **EXPRESS** their feelings, questions, hopes and dreams
in appropriate ways.

“It’s more fun than recess!”
-2nd grader



They speak... We listen.

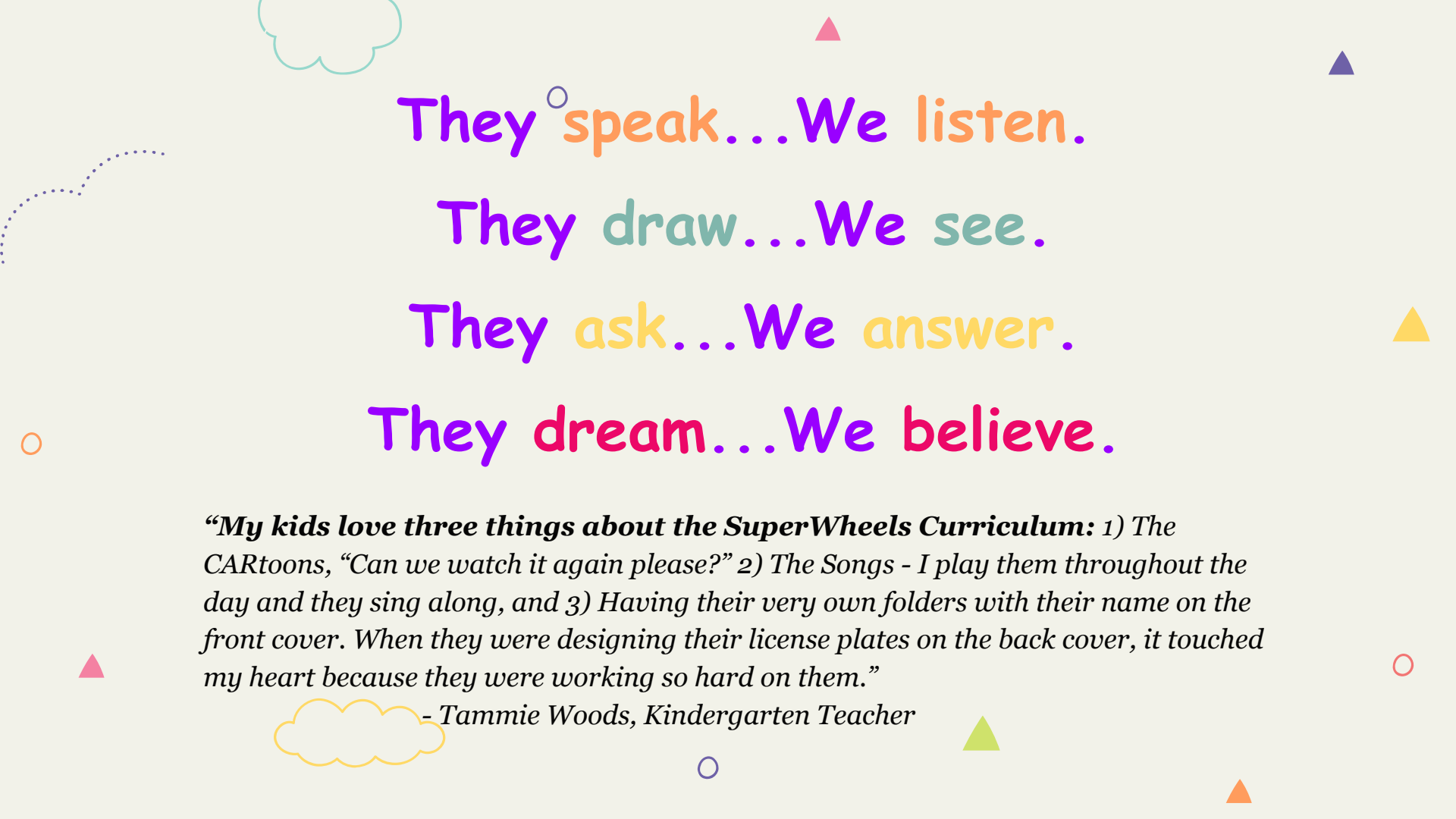
They draw... We see.

They ask... We answer.

They dream... We believe.

“My kids love three things about the SuperWheels Curriculum: 1) The CARtoons, “Can we watch it again please?” 2) The Songs - I play them throughout the day and they sing along, and 3) Having their very own folders with their name on the front cover. When they were designing their license plates on the back cover, it touched my heart because they were working so hard on them.”

- Tammie Woods, Kindergarten Teacher

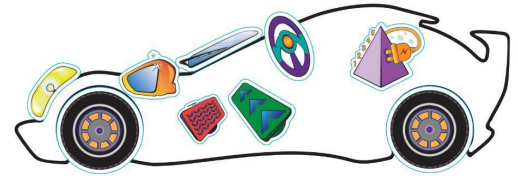


THE CURRICULUM

Our *8 to Great SuperWheels Curriculum* is as fun to teach as it is to learn! The simple activities, cartoons and original songs take students on an exciting adventure to their dream destinations.

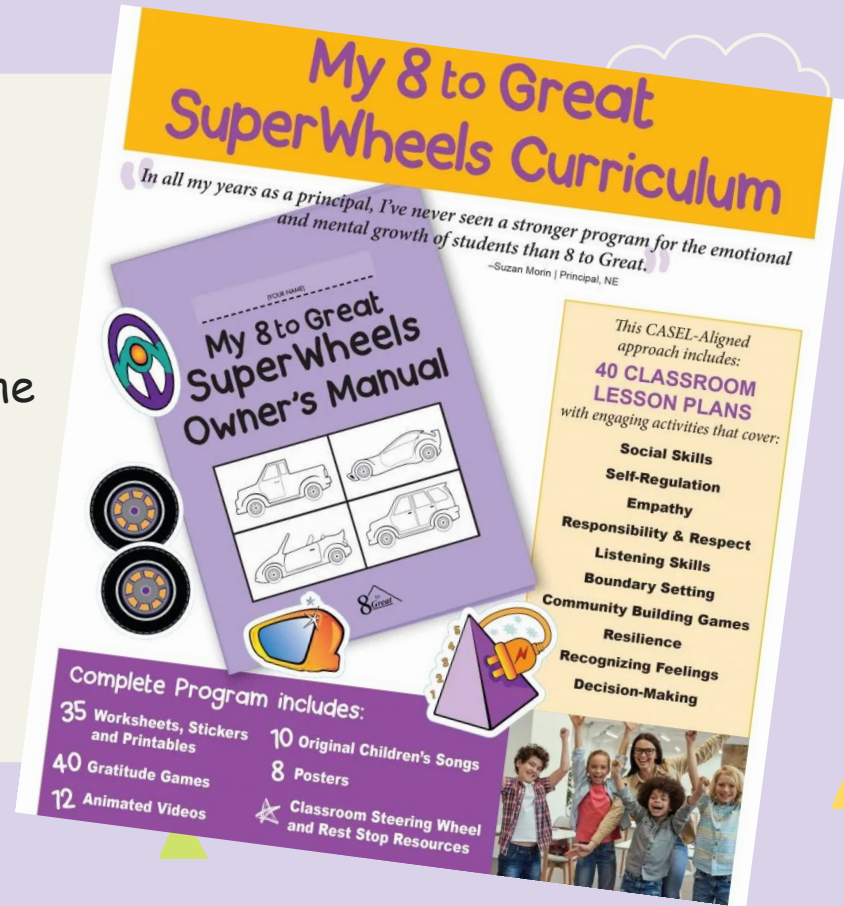
Students are introduced to social-emotional lessons by selecting and designing the SuperWheels vehicle of their choice. Then...

My 8 to Great SuperWheels



...student **"SuperWheelers"** practice character strengths while learning the parts of their vehicles.

Lessons include **responsibility** (the steering wheel), **gratitude** (the tires), the importance of **saying "No"** (the brakes), **how to handle problems** (potholes) **without complaining**, and **dealing with strong emotions** (stormy weather) while keeping their eyes on the **Windshield** of their **Dream Destination!**



This K-5 Curriculum includes...

60+ Flexible Lessons & Activities
40 Gratitude Games
CARtoons and Original Songs
Worksheets, Stickers,
Book Recommendations
Posters and Printables
Live 1:1 Instructor Support
...and so much more!!



SUPERWHEELS CURRICULUM SAMPLE #1:

Lesson #1:
Our SuperPowers

[Download Here](#)

CARtoon:
Your Unique SuperPowers

[Watch Here](#)

Song:
I've Been Given a Gift

[Listen Here](#)

SUPERWHEELS CURRICULUM SAMPLE #2:

Lesson #2:
Choosing Thoughts
That Feel Good

[Download Here](#)

CARtoon:
Does This Thought
Feel Good?

[Watch Here](#)

Song:
Does This Thought
Feel Good?

[Listen Here](#)

SUPERWHEELS CURRICULUM SAMPLE #3:

Lesson #3B:

Self Talk - Another Way to
Refill Your Energy Tank

[Download Here](#)

CARtoon:

Your Amazing Brain

[Watch Here](#)

SUPERWHEELS CURRICULUM SAMPLE #4:

Lesson #22:

The Fog of Fear and The Risk-It Basket

[Download Here](#)

SUPERWHEELS CURRICULUM SAMPLE #5:

The National Gratitude League

One of our gratitude activities is
○ inviting students to share gratitudes with 8 people to earn their certificate.

Students are provided with a list of everyday people they can express their appreciation to. It's loads of fun!

[Listen to The Appreciation Song](#)



A Responsive Instructor's Manual

My 8 to Great SuperWheels Elementary Curriculum

	4
Foreword: The What, Why and How of the SuperWheels Elementary Curriculum	2
Appendices	12
Key to Instructor Manual Icons	13
How to Use the SuperWheels Instructor Manual	14
Instructor Recommended Guidelines	15
Introducing Students to the SuperWheels Curriculum	16
This Program is an Experiment (A letter to read to the Students from the Author)	16
The Power Pyramid	17
Lesson #1: Owning Your SuperPowers	17
Activity 1: Read the letter from MK on page 16	17
Activity 2: What does it mean to be a SuperWheeler?	18
Activity 3: Your SuperPowers	18
Activity 4 (optional): The Theory of Multiple Intelligences	20
Activity 5: Handing Out SuperWheels Folders/ Owner's Manuals	21
Activity 6 (optional): Dude Perfect Video Clip	21
Lesson #1A: SuperPower Interviews	23
Activity 1: SuperPower Interviews	23
Activity 2 (optional): Using Your SuperPowers	24
Song: I've Been Given a Gift	24
Lesson #2: Choosing Thoughts that Feel Good (Selecting Your SuperWheels Car)	24
Activity 1: Mechanics and People Who Are There to Help	25
CARToon: Does This Thought Feel Good? - Watch Here	26
Song: Does This Thought Feel Good?	28
Activity 2: Selecting a SuperWheels Car	29
Lesson #3: Refilling Your SuperWheel's Energy Tank	30
Activity 1: Remembering How Our Thoughts Felt	30
Activity 2: How Does This Thought Feel?	32
Activity 3: Feel Good Guessing Game	33
Activity 4: Placing Energy Tanks Stickers on The SuperWheels	34
Activity 5 (optional): Practicing My Fractions	34
Activity 6: My Favorite Feel Good Video Clip	34
Activity 7: Energy Tank Check-in	34

The SuperWheels Instructor's Manual is easy to follow through a responsive Google Doc so you can access lessons & activities *at the click of a button!*

The background is a light beige color with various decorative elements scattered around. There are several triangles in different colors: a dark blue one at the top left, a pink one at the top center, a yellow one on the left side, a green one at the bottom center, and a pink one at the bottom right. There are also circles: a blue one at the top right, an orange one on the right side, a red one at the bottom left, and a blue one at the bottom center. Clouds are drawn in light blue outlines at the top left, top right, and bottom right. A dotted blue line curves from the top right towards the center, and another dotted blue line curves from the bottom left towards the center.

“I absolutely love teaching this
program and watching my
students’ eyes light up!”

—Megan Jelinek, K-5 Counselor



It's easy to bring
8 to Great SuperWheels
to your home or school!



Email us at info@8togreat.com
or Call or Text us at 402-212-3033
or to learn more, go to
www.8togreat.com

We look forward to hearing from you.

