



# Social and Emotional Learning Curriculum in Spanish Grades 1 - 6



# Be Happy



Students will learn to recognize and understand their emotions in an entertaining way. Not only that! They will improve their self knowledge, self-esteem, control of their emotions and their social skills.



## What are the components of this program?

Be Happy has **one Student Book for each elementary grade level, Grades 1 - 6.**

Each level develops **10 emotional competencies, 8 skills and has 2 additional resources**



6  
Student books

10  
Units in each Student Book

1  
Session for each unit

18  
Emotions

17  
Emotional skills

120  
Pages in each Student Book

