



Social-Emotional Programs & Resources for RBUSD Students

ELEMENTARY

MindUP



This evidence-based program is grounded in neuroscience, mindful awareness, positive psychology and social-emotional learning. It consists of lessons that are tailored to the students' age group and developmental level, is delivered by their teacher in the classroom, and teaches activities around topics such as gratitude, mindfulness, resiliency, and perspective taking. MindUP provides an immersive discovery experience, drives positive behavior, and increases empathy, optimism and compassion.

WATCH D.O.G.S. Program



WATCH D.O.G.S. is one of the nation's largest and most respected school-based, family, and community engagement, organizations in the country. Since the program's creation in 1998, more than 6,450 schools across the country have launched a WATCH D.O.G.S. program, including all eight elementary schools in RBUSD. Each school year, RBUSD fathers, grandfathers, step-fathers, uncles, and other father figures make a positive impact on our students by volunteering in their elementary school at least one day a year in a variety of school activities both in and out of the classroom.

Live Well Kids



LiveWell Kids is a nutrition and garden childhood obesity prevention program developed for elementary school students. The curriculum is delivered in classrooms and school gardens by trained parent docents.

Peaceful Playgrounds



The mission of Peaceful Playgrounds is to create a safe play environment, support healthy active kids, and advocate for recess and free play. We believe the benefits of free play are best accomplished by enhancing the play environment and allowing children lots of choices. With more choices, such as blacktop games, tetherball, handball, 4-square, and more, children are more likely to engage in physical activity and learn conflict resolution and team-building skills.

Bicycle and Pedestrian Safety Education



In partnership with Beach Cities Cycling Club, BCHD, RBPD, and school-site PTAs, the program teaches students skills to be safe and confident pedestrians and cyclists. The interactive program is customized for grade levels and every student learns the rules of the road whether he or she is walking or biking.

Elementary Counseling Plan



The RBUSD elementary counseling team created a comprehensive counseling plan for students in grades K-5, in order to ensure every RBUSD elementary student receives the same social emotional programs and support. The plan includes parent newsletters each trimester with relevant information and tips, as well as classroom lessons by the school counselor on topics, such as problem solving, healthy relationships, emotional regulation, stress management, study skills, transition to middle school and more.