



Self-Science: The Emotional Intelligence Curriculum

Joshua M. Freedman, Karen Stone McCown, Anabel L. Jensen, Marsha C. Rideout

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Self-Science is an elementary school curriculum that fuses emotional and cognitive learning to provide students with vital tools for managing conflict, expressing themselves, and living with respect, responsibility, and resiliency. The curriculum includes 54 lessons for a two-year program.

Self-Science has been in use around the country and the world since its first publication in 1978. This new edition is "teacher friendly" -- written by teachers, for teachers. The curriculum can be incorporated into the classroom or can be used as a "stand alone" course; rather than a generic prescription, it provides a powerful, flexible framework. The curriculum clearly articulates goals, provides activities, and guides the teacher/facilitator in asking clear, thought-provoking questions to help students help themselves. In his bestselling *Emotional Intelligence*, Daniel Goleman calls this program, "A model for the teaching of emotional intelligence."

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