



Big Feelings, Gentle Tools **Slumberkins Social-Emotional Learning Program**

Slumberkins is an evidence-based, story-driven social-emotional learning (SEL) program for young children. Using lovable characters, engaging stories, and simple routines, this program helps children understand, express, and manage their feelings in a healthy way.

Who It's For:

PreK–3rd Grade

Schools, childcare centers, and youth programs

Parents & caregivers looking to support emotional development

What Kids Learn:

Identifying and naming emotions

Coping with big feelings

Building empathy and connection

Boosting resilience and confidence

Program Highlights:

Read-alouds featuring Slumberkins characters

Hands-on crafts and reflection activities

Guided discussions and emotion practice

Let's Partner!

Our trained Program Coordinators deliver the lessons with warmth, skill, and compassion. Whether you're an educator, counselor, or parent, we're here to support your little learners. Our lessons are always free and flexible.

Learn More:

schools@lubbockfamily.org

www.lubbockfamily.org