



# Mig Mellos Curriculum FAQs

## 1. What is the Migs Mello curriculum, and what makes it different from other SEL programs?

Migs Mello is a trauma-informed, neurodiversity-affirming social-emotional learning (SEL) program designed for K–5 classrooms. It uses a lovable character (Migs) and engaging stories, songs, and visuals to help students understand emotions, build emotional vocabulary, and learn brain-based coping strategies.

### What makes it different:

- Grounded in **brain science** (amygdala, cortex, thalamus, hippocampus)
- Created with **neurodivergent and emotionally sensitive learners** in mind
- Includes a mix of **literacy, music, movement, and visual tools**
- Easy-to-implement with **ready-made lesson guides and activities**
- Includes educator supports (affirmations, coaching, discussion prompts)

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## 2. Does the curriculum align with state or national SEL standards?

Yes. The Migs Mello curriculum aligns with **CASEL's five core SEL competencies**:

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision-Making

Each lesson clearly maps to these competencies, making it easy to demonstrate alignment in your school's SEL framework or district requirements.

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### 3. How much instructional time does it require?

Each Migs Mello lesson is designed to be flexible:

- **20–30 minutes per session**, once or twice a week
- Can be used during **morning meeting, SEL blocks, or literacy time**
- Optional add-ons for art, music, or brain science tie-ins

Teachers are given short scripts and minimal prep activities, making it easy to plug in without overloading their schedules.

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### 4. Is it inclusive and culturally responsive?

Absolutely. Migs Mello was created by a Black woman founder with lived experience in mental health, neurodiversity, and trauma recovery. The content features:

- Diverse characters and emotional experiences
- Language that affirms all learning styles and identities
- Activities that validate emotions rather than suppress them

The approach is rooted in **empathy, validation, and inclusion** — which resonates with children across cultural, racial, and neurodivergent backgrounds.

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### 5. Is there evidence that it works?

Migs Mello is grounded in research from:

- **Neuroscience of emotional regulation and trauma**
  - **Child psychology** and **behavioral education**
  - **CASEL-aligned frameworks**
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### 6. How much does it cost, and what's included?

The program is offered in **tiered packages** to fit your budget:

- **Starter Pack:** Book + Songs + Printable Activities

- **Classroom Bundle:** Book, SEL Curriculum (PDF), Songs, Coloring Sheets
- **Schoolwide Experience:** Multiple classroom bundles + 1-hour educator training

Bulk pricing and school sponsorships are available. We're committed to making this accessible.

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## 7. Can teachers implement this without extra training?

Yes. Everything is designed to be plug-and-play:

- Short lesson plans with clear instructions
- No special certifications required
- Optional training video or 1:1 coaching session included in premium bundles

If your teachers can read a story and ask a few thoughtful questions, they're good to go.

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## 8. How do we know it's appropriate for students with special needs, behavioral challenges, or trauma histories?

Migs Mello was made with exactly these learners in mind:

- Emotion regulation tools are based in **brain function**, not discipline
- Activities are **non-triggering**, affirming, and sensory-friendly
- It emphasizes **understanding emotional cues**, not punishing behaviors

It's great for classrooms with **504 plans, IEPs, or high trauma exposure** — and it helps teachers reframe behaviors as brain-based signals.

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## 9. What kind of support do we get if we adopt this?

Schools receive:

- Email support and onboarding help
- Optional Zoom walkthroughs or staff Q&As
- Access to future updates, songs, and add-ons

We're here for the long haul and can co-create custom resources if needed.

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## 10. How does this fit into our school's larger goals around mental health or equity?

Migs Mello is more than an SEL program — it's a **movement to reduce emotional stigma** and teach kids how to self-regulate with compassion. It supports:

- **Mental health literacy** at the K–5 level
- **Restorative discipline frameworks**
- **Equity in emotional education** for all learners

It's a strong complement to PBIS, trauma-informed teaching, and whole-child learning models.