Signal Hill Career and Health Education Resources

Signal Hill Curriculum Resources

The Signal Hill Curriculum is a collection of free, developmentally appropriate, values-based lesson bundles designed to help children and teens grow in emotional intelligence, self-awareness, and interpersonal skills. Units support children in discovering their intrinsic value and equip them with tools to navigate relationships, life choices, and personal growth. While the resources are not specifically faith-based, lessons can be infused with a Christian worldview perspective throughout.

Signal Hill lessons are created by educators and made available through the Signal Hill Life Education Society, a nonprofit organization which focuses on promoting human dignity, mental wellness, and character development in young people.

Curriculum Features

- Units and lessons are available for K-12 students
- Units and lessons provide coverage in Career Education, Health Education, and core competency development
- Lessons are grouped into units with specific themes, such as:
    - Emotional regulation and resilience
    - Self-esteem and personal identity
    - Friendship and communication skills
    - Healthy decision-making and goal-setting
    - Leadership and self-reflection
- All materials are offered as downloadable PDFs with no cost or required login

These resources are designed to be flexible and can be readily adapted to the hybrid or home learning environment.

How Does It Help Me?

This curriculum offers practical, ready-to-use support for families looking to strengthen their child's social-emotional learning and overall well-being. The materials align well with many required areas of learning in the BC Career and Health Education curriculum. Signal Hill materials are a lovely way to guide your children through conversations about emotions, relationships, and values.

How does it support your child?

- Supports children in developing language to name and process their emotions
- Builds foundational skills in empathy, self-reflection, and communication
- Supports personal growth and healthy self-image
- Encourages confidence, goal-setting, and responsible decision-making
- Provides a framework to discuss challenges like anxiety, comparison, or social stress

How does it support you as a parent?

- Provides clear, professionally designed lesson plans that are open-and-go
- Offers conversation prompts and reflection questions to strengthen the parent-child connection
- Equips parents to proactively address mental wellness and character development at home

Materials are written with different grade ranges in mind: K-2, 3-5, 6-8, and 9-12. As such, the resources can be easily adapted to suit your family's needs.

How Do I Access and Use It?

Accessing and using the curriculum is simple and flexible. You can begin immediately without creating an account or making a purchase.

Step-by-Step Instructions

Step 1: Visit the curriculum store

- Go to https://store.thesignalhill.com

Step 2: Choose your child’s grade level

- Select from the following categories:
  - Kindergarten – Grade 2
  - Grades 3 – 5
  - Grades 6 – 8
  - Grades 9 – 12

Step 3: Browse available lesson bundles

- Each bundle focuses on a specific theme, such as:
  - “Big & Small Feelings” (K–2): emotional awareness and empathy
  - “Being a Good Friend” (3–5): healthy communication and friendship
  - “My Identity” (6–8): understanding values and personal strengths
  - “Just Breathe” (9–12): mental health, anxiety, and self-care

Step 4: Download the resources

- Click on the lesson bundle you are interested in. Materials are typically provided as a PDF document. All content is free of charge.

Step 5: Review and implement the lessons

- Each bundle contains several full-length lessons (typically 4–12), including:
  - A clearly stated objective and theme
  - Step-by-step teaching instructions
  - Reflection and discussion questions
  - Activities such as journaling, role-playing, drawing, or small group dialogue

Step 6: Adapt and use at your own pace

- You can complete one lesson per week or work through the material at your family’s own rhythm. The lessons are not time-sensitive and can be revisited as needed. All lesson plans can be adapted to a variety of ages, so if your children are younger or older than the lesson target, you can likely still use the plan successfully with some tweaking.

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