



The Little Crowns Confidence Programme addresses all five CASEL Social-Emotional Learning competency areas through a structured 5-part curriculum developed by Dr. Bridget Kaspas, PharmD, Trichologist and Children's Author. The programme uses hair health as a culturally affirming lens to teach confidence, identity, self-care, and community.

1 Self-Awareness	Part 1: Know Your Crown Understanding hair type, porosity, and curl pattern as metaphor for knowing oneself. Students identify their unique traits and learn that difference is a strength. - Crown Club identity activity - Personal strengths journal prompt - Hair type self-assessment
2 Self-Management	Part 2: Care for Your Crown Building and maintaining personal care routines. Goal-setting for healthy hair habits teaches children to plan, execute, and self-monitor behaviours over time. - Crown Wash Day Tracker - Goal-setting worksheet 7-day habit challenge
3 Social Awareness	Part 4: Celebrate Your Crown Developing appreciation for diverse hair textures and cultural backgrounds. Students practise perspective-taking and empathy around appearance and identity. - Cultural hair history discussion - Community crown gallery - Peer appreciation activity
4 Relationship Skills	Part 5: Wear Your Crown Communicating with confidence, advocating for oneself in hair-related situations (e.g. bullying, dress codes), and building supportive peer relationships. - Role-play: responding to hair comments - Peer support circle - Crown Club pledge
5 Responsible Decision-Making	Part 3: Protect Your Crown Evaluating product ingredients, understanding protective styles, and making informed decisions about hair health. Connects Dr. Kaspas's pharmacy expertise to critical thinking and consumer literacy. - Ingredient label reading activity - Risk vs benefit discussion - Product choice worksheet

Standards Alignment
Aligned to: CASEL 2.0 Framework (2020) | Common Core ELA Reading Standards (Grades 3-8) | SHAPE America Health Education Standards
Suitable for: Title I literacy funding | SEL programme budgets | D&I allocations | School library grants

Request the full programme pack: hello@littlecrownsbigconfidence.com