

TomoClub

Revolutionizing Education with Social-Emotional Learning

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TomoClub

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INTRODUCTION

In the ever-evolving landscape of education, where kids are constantly bombarded with information, the way we learn has to be more than just memorizing facts.

Social-Emotional Learning (SEL) emerges as a beacon of urgency. As today's students evolve into tomorrow's professionals, they'll step into a world that's vastly different from what we know today. Equipping them with skills to thrive in future job roles requires more than just traditional teaching methods. It demands a nuanced approach that fosters adaptability in an ever-changing environment, while also nurturing the ability to cultivate meaningful relationships and positive interactions. It's a multifaceted challenge, one that technology has proven invaluable in addressing.

MEET TOMOCLUB: WHERE LEARNING GETS EXCITING

Ever wondered how to make learning as thrilling as your favorite video game? Well, that's exactly what we're all about at TomoClub! We're not your average educational platform. We're a dynamic gaming curriculum on a mission to empower kids from grade 3-12 with

essential life skills and emotional smarts through interactive social games.

In today's fast-paced world, it's not just about what you know—it's about how you navigate through the endless stream of information. And that's where TomoClub steps in. We recognize the holistic nature of education, acknowledging that academic prowess alone is insufficient without the emotional intelligence to navigate life's challenges and we're here to make learning an adventure, a journey of discovery where kids can unleash their inner genius and become the best version of themselves.

With our year-long curriculum packed with 25 action-packed sessions, each featuring a multiplayer game, we're bringing the joy back into learning. But we're not stopping there. Our team of TomoClub Experts guide students every step of the way, whether they're learning remotely or in person. And with personalized assessments to track their progress and celebrate their achievements, every child gets the support they need to shine. From better attendance and academic success to improved mental health and reduced behavior issues, TomoClub is transforming schools one game at a time.

This white paper serves as a testament to our commitment to revolutionizing education through gamified SEL experiences. By delving into the theoretical underpinnings of our approach, exploring its practical implications, and showcasing its real-world impact, we aim to elucidate the transformative potential of TomoClub in shaping the future of education.

UNDERSTANDING SEL

Let's start by unpacking the essence of Social-Emotional Learning (SEL). At its core, SEL is all about equipping individuals with the skills and knowledge to understand and manage their emotions, build meaningful relationships, and make responsible decisions. It's not just about academic achievement—it's about fostering the holistic development of every child.

Research shows that SEL isn't just a nice-to-have—it's a must-have. Studies by the Collaborative for Academic, Social, and Emotional Learning (CASEL) have demonstrated the profound impact of SEL on academic success, mental health, and overall well-being. From improved grades and graduation rates to reduced behavioral issues and better relationships, the benefits of SEL are undeniable.

The importance of SEL cannot be overstated. Research has consistently shown that students who possess strong social-emotional skills are better equipped to succeed academically, build positive relationships, and navigate life's challenges. In fact, a meta-analysis of 213 studies involving over 270,000 students found that SEL programs yielded significant improvements in students' social and emotional skills, attitudes, behavior, and academic performance (Durlak et al., 2011).

Overview Of Key Competencies Of SEL:

1. *Self-Awareness*: The ability to recognize and understand one's own emotions, thoughts, and values, as well as their impact on behavior.
2. *Self-Management*: The capacity to regulate one's emotions, thoughts, and behaviors in different situations, including managing stress, controlling impulses, and setting and achieving goals.
3. *Social Awareness*: The skill of empathizing with others and understanding social and cultural norms, perspectives, and dynamics.
4. *Relationship Skills*: The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups, including

communication, cooperation, and conflict resolution.

5. *Responsible Decision-Making*: The capacity to make constructive choices about personal and social behavior based on ethical standards, safety concerns, and social norms.

Frameworks such as the Collaborative for Academic, Social, and Emotional Learning (CASEL) provide a solid theoretical foundation for understanding and implementing SEL in educational settings. CASEL's widely recognized framework identifies five core competencies of SEL and offers guidance on how to promote these skills through evidence-based practices and strategies.

Other theoretical perspectives, such as [Social Learning Theory](#) and [Emotional Intelligence Theory](#), further contribute to our understanding of SEL by emphasizing the importance of social modeling, experiential learning, and emotional regulation in the development of social-emotional competencies.

Despite the overwhelming evidence of its benefits, implementing SEL programs in schools isn't always smooth sailing. Challenges abound, from limited resources and competing priorities to resistance from stakeholders and lack of teacher training. Effective SEL

implementation requires skilled and knowledgeable educators who can create supportive learning environments and deliver evidence-based SEL instruction. However, many teachers lack adequate training in SEL pedagogy. Additionally, the COVID-19 pandemic has exacerbated existing inequalities, underscoring the urgent need for equitable access to SEL resources and support.

CAPTIVATING STUDENTS'

ATTENTION: THE POWER OF PLAY

Imagine a classroom where learning is not just about textbooks and lectures but an immersive experience that transports students to virtual worlds filled with challenges, mysteries, and endless possibilities. That's the magic of game-based learning—a dynamic approach that leverages the power of play to engage students in ways traditional methods often struggle to achieve.

At the heart of game-based learning lies the concept of intrinsic motivation—the innate desire to engage in an activity for its own sake, rather than for external rewards or incentives. Games tap into this natural inclination, offering a compelling blend of challenge, curiosity, and autonomy that captures students' attention and keeps them coming back for more. Whether it's solving puzzles, exploring new environments, or collaborating with peers, games provide a

rich and interactive learning experience that fosters deep engagement and a sense of ownership over learning outcomes.

But what is it about games that makes them so inherently engaging? The answer lies in the science of learning. Research has shown that games activate multiple areas of the brain involved in attention, memory, and decision-making, leading to enhanced cognitive processing and improved learning outcomes (Gee, 2003). Moreover, the element of challenge and reward inherent in games triggers the release of dopamine—a neurotransmitter associated with motivation and pleasure—creating a positive feedback loop that reinforces learning and promotes sustained engagement (Koepp et al., 1998).

ALIGNMENT WITH SEL COMPETENCIES: BUILDING SKILLS FOR LIFE

Beyond the thrill of gameplay lies a deeper layer of learning—a world where students not only master academic concepts but also develop essential social and emotional skills that are crucial for success in school and beyond. Game-based learning offers a unique opportunity to seamlessly integrate SEL competencies into the fabric of gameplay, creating a holistic learning experience that nurtures the whole child.

Consider, for example, a multiplayer game where students must work together to solve a complex problem. In this scenario, students are not only honing their critical thinking and problem-solving skills but also practicing important social and emotional skills such as communication, collaboration, and empathy. By immersing students in virtual worlds where they must navigate social dynamics, manage emotions, and make ethical decisions, games provide a safe and supportive environment for developing essential life skills that are applicable in any context.

But don't just take our word for it—research supports the effectiveness of game-based approaches in promoting SEL outcomes. A recent meta-analysis published in the "Review of Educational Research" found that game-based interventions were associated with significant improvements in students' social skills, emotional regulation, and interpersonal relationships (Feng et al., 2021). Moreover, longitudinal studies have shown that students who engage in game-based learning demonstrate higher levels of academic achievement, reduced behavioral issues, and improved attitudes towards learning (Bourgonjon et al., 2013).

Game-based learning represents a paradigm shift in education—a bold new approach that leverages the power of play

to engage students, foster active learning, and promote the development of essential social and emotional skills. By immersing students in interactive and immersive learning experiences, games create a dynamic educational environment that nurtures curiosity, cultivates resilience, and empowers students to become lifelong learners and leaders in an ever-changing world.

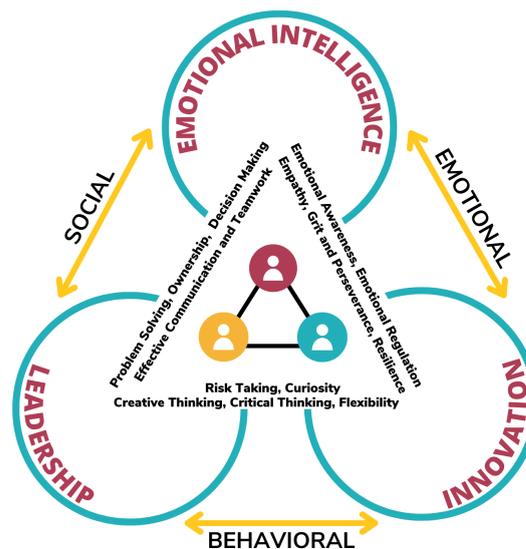
As we continue to navigate the complexities of education in the 21st century, game-based learning stands poised to revolutionize the way we teach and learn, unlocking the full potential of every student along the way.

IMPACT OF TOMOCLUB

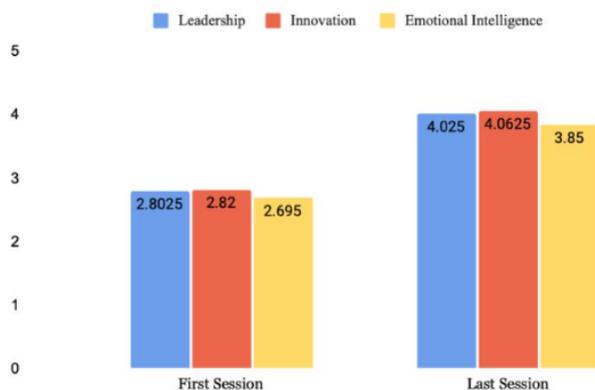
At TomoClub, we have reimagined education by seamlessly integrating game-based learning into Social-Emotional Learning (SEL) curriculum, revolutionizing the way students engage with academic content and develop essential life skills.

Drawing on the principles of backward design, we begin with clear learning goals and objectives, then design activities and assessments to support those goals. Our curriculum covers a wide range of SEL competencies, including emotional intelligence, leadership, and innovation,

each tailored to meet the unique needs of students at different developmental stages. By providing a scaffolded learning experience, we empower students to take ownership of their learning journey and build essential skills for success.



Our curriculum is designed to address key competencies outlined in the CASEL Social-Emotional Learning framework, including self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. Within these broad areas, our programs focus on three core domains: Emotional Intelligence, Leadership, and Innovation. Through a combination of interactive games, group activities, and reflective exercises, students develop a range of skills, from emotional regulation and effective communication to critical thinking and risk-taking.



Our student's growth in competencies across cohorts for term December 23 - May 24

Our working model ensures that each student receives personalized attention and support, with small cohort sizes and expert moderators guiding students through weekly sessions. By creating a safe and collaborative learning environment, we empower students to explore their interests, express their thoughts and emotions, and develop essential social and emotional competencies.

The TomoClub model of SEL learning is grounded in research-based frameworks such as the RULER framework for Emotional Intelligence and the Goleman and Boyatzis model of Emotional Intelligence. By breaking down learning outcomes into measurable skills and competencies, we provide students with clear objectives and benchmarks for success. Our programs are designed to foster resilience, empathy, and leadership skills that are essential for navigating the complexities of the modern world.

OUR IMPACT FACTORS:

- Excitement Ignited: **97%** of our students are genuinely thrilled to join TomoClub.
- Exceptional Satisfaction: With an impressive **4.5/5** rating consistently received by our sessions, students not only learn but thoroughly enjoy the process.
- Long-Term Learning: A remarkable **80%** of students retain and remember the key concepts they've learned through our curriculum.
- Enhanced Belongingness: Students report a significant **70%** increase in their sense of belonging, making learning a collaborative and supportive experience.
- Positive Behavior: Experience a noticeable **2x** increase in positive behavior changes among students.
- Real-Life Application: What's learned in TomoClub doesn't stay in TomoClub. **94%** of students seamlessly apply their newfound knowledge and skills to real-life situations.

For parents and schools alike, we offer a streamlined onboarding process, with options to register for demo sessions,

choose subscription plans, and schedule pilot sessions for schools and other organizations. With our comprehensive training and ongoing support for educators, we ensure that our programs are implemented effectively in diverse classroom settings, maximizing the impact on student outcomes.

Parent Testimonials

“I love that my child has been given the opportunity to be a leader and help others by learning to communicate clearly. I also love that the kids are encouraging toward each other and giving feedback to one another.”

“Tomo presented ideas and discussions that plant seeds for problem solving and innovative thinking they can surface at any time.”

“I think it was a great and positive place for him and wish he could have made it to more sessions.”

“She is willing to look at situations and issues in their own ways and she doesn't back down or give up so easily”

“My child deals with things differently now. Instead of getting upset right away bc something isn't working in her favor she tries a few times in a few different ways and then expresses her discontentment. Before she would complain right away. She would give up if something was difficult or different. But now sh is willing to work thru everything and

has a smile on her face (half the time). She is slower to anger and quicker to try to problem solve.”

“She's definitely more vocal when speaking amongst her tomo club peers. She still gets nervous when on the spot, but overall she is coming out of her shell.”

“Communication in general has improved a great deal. Also her ability to handle loss or frustrating situations has improved.”

“My child has been able to muddle through even when feeling bad”

“Peer interactions and conflict resolution significantly increased”

“The necessity to communicate through gameplay has been wonderful. I also loved the collaboration during the development of the video game and the opportunity to make a presentation. It has all been great for her.”

“Her ability to think quickly when problem solving has definitely evolved. Despite her shyness, she still communicates with others with a bit more ease”

“The games were a really smart way to offer opportunities to solve problems but also letting the children improve together and see results was confidence building. They were allowed to do the classic group behaviour of forming, storming, norming and performing. The key is to get to “performing” quickly and I believe they did that.”

A Glimpse Into Our Session: Engaging, Interactive & Impactful

At TomoClub, each session is carefully crafted to ensure an enriching and engaging learning experience that integrates social-emotional learning with interactive game-based activities. Each session lasts for one hour and is scheduled weekly, providing a consistent and structured learning environment for students.

Here's a closer look at what a typical TomoClub session entails:

Energy Connectors

The session begins with activities designed to foster a sense of connection and community within the cohort. These initial moments are crucial for engaging the children and encouraging them to share and participate actively.

Interactive Discussion

Next, we move into the narrative of the activity or game for the session. This segment includes clear instructions and an engaging story that sets the stage for the learning objectives. It helps in building curiosity and excitement about the session's activities.

Guided Practice and Reflective Dialogue

In this part of the session, students collaborate and reflect on the topic at hand. This guided practice encourages deep reflection and a more profound understanding of the subject matter, allowing students to internalize the concepts discussed.

Collaborative Game Play

The heart of the session is the uninterrupted group play. During this time, students apply the strategies discussed earlier, working with different peer groups. This collaborative gameplay emphasizes the core learning outcomes and enhances the overall learning experience through practical application.

Debriefing Session

This crucial phase brings learning to life as children discuss mental models and relate them to real-life challenges. Students reflect on their actions throughout the session, solidifying their understanding and learning from their experiences.

Value-Based Discussion

Finally, the session concludes with discussions centered on values such as respect, kindness, honesty, peace, gratitude, and resilience. These conversations are integral to cultivating and enhancing the social-emotional skills

of the participants, helping them to become well-rounded individuals.

Through this structured approach, each session ensures that students are not only learning but also applying and reflecting on their knowledge in a supportive and engaging environment. This methodical process helps in building essential life skills while making learning an enjoyable adventure.

Parent And Teacher Engagement

At TomoClub, we prioritize robust parent and teacher engagement to enhance student learning experiences. After each session, students receive reflective snapshots that summarize their progress and key takeaways. Our moderators meticulously track each student's development using a detailed rubric based on observational data gathered during sessions. This data is synthesized into personalized feedback snapshots, which include engaging activities and collaboration points for parents. These tools help parents support their child's development at home.

Sneak Peek Into Our Interactive Learning Modules

Our sessions are designed to foster essential social-emotional competencies through engaging and interactive games.

Each module focuses on specific skills, encouraging students to think critically, communicate effectively, and make responsible decisions. Here's a snippet of our five enriching modules:

Module	TomoClub Competencies	Skills in Focus	Game Name
1	Communication and Collaboration	Effective communication: Active Listening Time Management	First Settlers
2	Emotional Regulation and Effective Communication	Understanding other's strengths Active Listening Pattern recognition and observation	Crisis Crew
3	Delegation and Active Listening	Delegation and respectful communication Decision making Strategic thinking Active Listening	Secret Santa
4	Leadership	Prioritizing Effective communication Second Order Thinking: Responsible decision making	River Taxi
5	Critical Thinking	Team Player Critical Thinking Risk Taking	Cosmos Colour Clash

EQUITY AND INCLUSIVITY: FOSTERING A CULTURE OF DIVERSITY AND BELONGING

Inclusivity lies at the heart of effective our SEL program, serving as the cornerstone for fostering a sense of belonging, empathy, and respect among students from diverse backgrounds. Research has consistently shown that inclusive learning environments not only enhance academic achievement but also contribute to positive social-emotional outcomes, such as increased self-esteem, resilience, and pro-social behavior (Ginsburg et al., 2022).

At TomoClub, we are committed to creating inclusive learning environments where every student feels valued, respected, and supported. To ensure equity and inclusivity in TomoClub classrooms, we employ a variety of strategies and best practices, including:

1. *Culturally Responsive Teaching*: Our curriculum reflects diverse perspectives and experiences, allowing students from all backgrounds to see themselves represented in the content. By honoring and celebrating students' cultural identities, we create a sense of belonging and empowerment in the classroom.

2. *Universal Design for Learning (UDL)*: We design our games and activities with

accessibility in mind, making sure that all students, regardless of their abilities or learning styles, can fully participate and engage. By providing multiple means of representation, expression, and engagement, we empower students to access and demonstrate their learning in ways that are meaningful to them.

3. *Personalized Learning*: We recognize that every student is unique, with their own strengths, challenges, and interests. Our programs are designed to provide personalized learning experiences that cater to the individual needs of each student.

FUTURE SKILLS FOR JOB READINESS THROUGH SEL GAMES

In an era defined by rapid technological advancements and evolving workforce demands, the acquisition of future-ready skills has become imperative for students to thrive in the competitive world with placing a premium on soft skills—such as emotional intelligence, adaptability, and interpersonal communication—that are difficult to automate and essential for thriving in a rapidly changing world ([World Economic Forum](#)). In response to this shift, educators and policymakers are increasingly recognizing the importance of integrating SEL into curricula to ensure

that students are equipped with the socio-emotional competencies needed to succeed in the workforce.

At TomoClub, we are at the forefront of preparing students for the demands of the 21st century by embedding future-ready skills into our game-based SEL curriculum. Our innovative approach to SEL games goes beyond traditional pedagogy, providing students with hands-on experiences that foster critical thinking, communication, collaboration, and creativity—all while having fun.

Through our game design activities, students are empowered to unleash their creativity and problem-solving skills as they work collaboratively in teams to create their own video games infused with SEL themes and principles. The collaborative nature of our game design activities fosters an environment where students learn to navigate diverse perspectives, resolve conflicts, and work effectively in teams. By tackling real-world challenges and designing solutions together, students develop invaluable skills in leadership, self-confidence, and teamwork.

CONCLUSION

TomoClub stands at the forefront of educational innovation, offering a

comprehensive solution to the challenges faced by educators and school mental health professionals. From providing engaging game-based experiences to fostering essential life skills, TomoClub empowers students to thrive in an ever-changing world.

Drawing inspiration from the barriers outlined in the report "[Navigating SEL from the Inside Out](#)" (2021), we recognize the challenges that educators face in selecting and implementing SEL programs. However, armed with effective assessments and intervention programs, we can overcome these barriers and usher in a new era of education.

Through tailored training sessions, ongoing support, and cost-effective solutions, TomoClub equips educators with the tools and resources they need to seamlessly integrate SEL into their daily practices. Our immersive game-based curriculum not only cultivates essential life skills but also promotes inclusivity, future job readiness, and positive social and emotional development.

As we look to the future, the potential of TomoClub to revolutionize education is boundless. By embracing evidence-based practices, fostering inclusivity, and promoting student agency, we can create learning environments that nurture the

whole child and empower them to reach their full potential.

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