

AKAMAI KIDS

Resilience-Based Preventive Mental Health Curriculum for Hawai'i Schools

PROGRAM OVERVIEW

Akamai Kids is a Hawai'i-based, school-implemented preventive mental health and social-emotional learning curriculum designed to strengthen student well-being, resilience, and healthy psychological functioning. The program helps students understand how thoughts shape emotional experience and supports the development of self-awareness as the foundation for emotional regulation, resilience, and healthy decision-making. Through structured classroom lessons, students build foundational skills that support emotional awareness and overall well-being.

Students do not just cope better. They understand themselves.

PROGRAM PURPOSE

Akamai Kids provides a universal Tier 1 preventive approach to student mental health by strengthening internal awareness and emotional understanding before crisis-level intervention is needed.

The program supports schools in building foundational psychological skills that enhance student readiness to learn and engage.

CORE FOCUS

Students learn:

- How thoughts shape emotional experience
- How internal experience is created moment to moment
- That emotions are temporary and changeable
- How to recognize their innate capacity for resilience and clarity
- Foundational principles of healthy psychological functioning

TARGET OUTCOMES

- Self-awareness
- Emotional regulation
- Resilience
- Healthy decision-making
- Improved classroom engagement and stability

PILOT STRUCTURE

Duration: 8 weeks

Delivery: School-based instruction

Grade Levels: K–12

Frequency: 1 lesson per week (20–30 minutes)

Delivered during:

- SEL blocks
- Advisory periods
- Classroom community time



IMPLEMENTATION MODEL

Akamai Kids is designed for seamless integration into existing school systems with minimal additional burden on educators. Teachers receive structured lesson materials and facilitation guidance to support consistent implementation. The program is designed as a flexible Tier 1 classroom-based support.

EVALUATION APPROACH

The pilot uses a mixed-methods approach to assess feasibility, engagement, and early indicators of student impact.

IMPLEMENTATION INDICATORS

- Classroom feasibility and ease of delivery
- Teacher usability and instructional clarity
- Student engagement and participation
- Fidelity of lesson implementation

STUDENT INDICATORS (PRELIMINARY)

- Increased self-awareness
- Improved emotional regulation
- Greater ability to identify emotional states
- Increased reflective decision-making
- Reduced emotional reactivity in classroom settings

DATA SOURCES

- Teacher feedback surveys
- Student reflection tools
- Pre and post pilot observational feedback
- Optional educator interviews



EXPECTED VALUE TO SCHOOLS

- Early access to a preventive mental health curriculum
- Structured support for SEL implementation
- Practical tools for classroom emotional regulation
- Contribution to curriculum development for Hawai'i schools

CLOSING

Akamai Kids is designed to strengthen student well-being by building foundational awareness of how internal experience is created.

By supporting self-awareness and emotional understanding early in development, the program contributes to stronger classrooms, more resilient students, and improved readiness to learn.

CONTACT

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