

Fusion by Cypress Fyre

Creative. Connected. Courageous.



Fusion by Cypress Fyre is a three-part, arts-integrated social-emotional learning (SEL) workshop series that combines music, movement, and collaboration together to build confidence, empathy, and emotional awareness in students.

Each 45-50 minute session follows a structured, evidence-informed sequence - connecting breathwork, music, teamwork, and reflection - designed to reinforce state and SEL competencies (self-awareness, self-management, social awareness, relationship skills, and responsible decision-making).

Session 1: Let's Play!

Mantra: *"No matter how big you get, you're never too old to play."*

This opening session lays the foundation for trust, expression, and connection. Students begin with guided breathing and movement exercises, then participate in interactive games that challenge them to recognize and mirror emotions, build confidence, and communicate nonverbally.

Administrators can expect:

- An immediate lift in classroom energy and participation.
- Students identifying emotional states through movement and play.
- Stronger peer connection through low-risk, high-engagement activities.
- Reinforcement of emotional vocabulary and empathy-building.

Key Learning Outcomes:

- Develop self-awareness through mindful breathing and physical expression.
 - Strengthen interpersonal trust and group cohesion.
 - Understand how movement communicates emotion and intention.
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Session 2: Creativity Takes Courage!

Mantra: *"Creativity takes courage."*

This session focuses on risk-taking, encouragement, and resilience through rhythm and improvisation. Students learn to use body percussion, vocal sound effects, and simple beat patterns to explore how creative acts require vulnerability - and how positive peer feedback fuels courage.

Administrators can expect:

- High engagement from even reluctant participants.
- Tangible growth in confidence and willingness to take creative risks.
- Observable demonstrations of peer encouragement and inclusion.
- Evidence of "growth mindset" in group problem-solving and reflection.

Key Learning Outcomes:

- Experience how creativity supports emotional expression.
 - Practice active listening and collaborative improvisation.
 - Build courage and resilience through supportive participation.
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Session 3: Connect – Create a Song

Mantra: *"Connection makes us stronger."*

In this culminating experience, students use everything they've learned - focus, empathy, and collaboration - to create something entirely new together. Guided by live music, they explore how songs evoke emotion, brainstorm lyrics as a class, choreograph movement, and perform a group song they wrote themselves.

Administrators can expect:

- Students demonstrating teamwork, creative ownership, and joyful performance.
- A tangible artifact of learning: a collaboratively written and performed song.
- Increased classroom unity and emotional literacy.
- A clear link between artistic expression and emotional regulation.

Key Learning Outcomes:

- Identify how music impacts emotion and energy.
 - Collaborate effectively using "Yes, and..." creative thinking.
 - Apply social-emotional strategies in a group performance setting.
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Why Schools Choose Fusion

Feature	Impact
SEL Integration	Direct reinforcement of SEL competencies through creative practice.
Inclusive Design	Adaptable to all grade levels, abilities, and learning styles.
Research-Informed Structure	Uses breathwork, rhythm, and reflection to support emotional regulation and focus.
Turnkey Implementation	Sessions require minimal setup; can be run in classrooms, gyms, or auditoriums.
Tangible Outcomes	Students leave with measurable gains in confidence, empathy, and collaboration.

Fusion by Cypress Fyre transforms classrooms into spaces of creativity, courage, and connection - equipping students not just to perform, but to belong, express, and thrive.