

## WEBSERIES

### WEEK 1

#### Episode NEW TEACHER, NEW RULES

Lucas' teacher is off work as she's about to have a baby. The substitute teacher makes changes to the way the class is set out and how things are done in class. Lucas is struggling to adapt to these new changes. Watch this episode of the *Webseries* to see what Lucas can do.

#### RELATED SEL COMPETENCIES (CASEL)



#### THE EMOTIONS AND REACTIONS EXPLORED

ANXIOUSNESS	Try to control everything	<b>BEST CHOICE</b> Let go and accept things	Make a big deal
FRUSTRATION	Lose your temper	<b>BEST CHOICE</b> Express how you feel	Fool around

## ZOOM-OUT

### WEEK 2

#### Episode HOW TO START A CONVERSATION?

Dylan sees Betty in the library. He'd like to go and talk to her, but he hangs back. After all, it is difficult to start a conversation sometimes. Watch this episode of *Zoom-Out* to learn the steps Dylan followed to start a conversation with Donna appropriately.

#### RELATED SEL COMPETENCIES (CASEL)



#### HOW TO START CONVERSATION?

- 1 Take your time and don't be pushy.
- 2 Wait for the right moment to talk.
- 3 Introduce yourself. Talk about about things you like.
- 4 Take an interest in the other person.
- 5 Propose to continue the conversation another day.

## ZOOM-IN

### WEEK 3

#### Episode PARTNER PROBLEM

The teacher tells the class that from now on they'll be working in pairs on their history and geography projects and not groups of three. Daniel decides to work with Alex, and Lucas is left out. See how Lucas adapts to this change in this episode of *Zoom-in*.

#### RELATED SEL COMPETENCIES (CASEL)



## ZOOM-IN

### WEEK 4

#### Episode MAKING NEW FRIENDS

Lucas would like to make more friends, but he's not sure how to and he's worried he's not cool enough. See how Lucas adapts to this change in this episode of *Zoom-in*.

#### RELATED SEL COMPETENCIES (CASEL)



## ZOOM-IN

### WEEK 5

#### Episode SEPARATION HEARTACHE

Sam's parents have separated and she's finding it really hard. She feels like her whole world is falling apart. See how Sam adapts to this change in this episode of *Zoom-in*.

#### RELATED SEL COMPETENCIES (CASEL)



## ZEN ZONE

### WEEK 6

#### Episode HAPPY PLACE

In this video, Rebecca helps you find a place specifically for you where you'll feel at peace and that can help calm you down when you're struggling with your feelings. Watch this episode of *Zen zone* to learn ways to reduce your stress and anxiety.

#### RELATED SEL COMPETENCIES (CASEL)



### ABOUT THE THEME

## Adapting to change

Module 1 covers change and the difficulties elementary and middle school-aged children might face when trying to adapt to it. Change is an integral part of children's lives, it's so important that they learn how to handle it from an early age.

#### SOCIAL AND EMOTIONAL LEARNING

