

WEBSERIES

WEEK 1

Episode A BIG MISUNDERSTANDING

Daniel notices that his two best friends, Emma and Alex have stopped speaking to him. They're acting as though he's invisible. Daniel doesn't understand what he's done for them to reject him like that, especially without any explanation. Watch this episode of the *Webseries* to see what Daniel can do.

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THE EMOTIONS AND REACTIONS EXPLORED

ANGRISS		Get revenge	BEST CHOICE Blow off steam	Act like nothing happened
SADNESS		Be alone	BEST CHOICE Ask for explanation	Make new friends

ZOOM-OUT

WEEK 2

Episode HOW TO EXPRESS YOUR FEELINGS?

Mary-Lou feels sad because her friend Dylan keeps calling her Marymoo. Mary-Lou won't miss her chance to tell Dylan exactly how that makes her feel. She watches what she does. Watch this episode of *Zoom-out* to learn the steps Mary-Lou followed to share how she felt with Dylan appropriately.

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HOW TO EXPRESS YOUR EMOTIONS?

- 1 Recognize what you're feeling.
- 2 Wait for the right time to talk.
- 3 Use "I feel" to talk about your emotions.
- 4 Talk about what you are feeling and why.
- 5 Thank the other person for listening.

ZOOM-IN

WEEK 3

Episode SHARING FRIENDS

Sam asks Daniel to play with her at recess, but Daniel has other plans: playing soccer with Emma. Sam doesn't react to this news well. She thinks that Emma is trying to steal her friend and that Daniel doesn't want to be her friend anymore. See how Sam reacts to Daniel's decision in this episode of *Zoom-in*.

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ZOOM-IN

WEEK 4

Episode MY WAY

Sam always has the best ideas, until one day her friends decide that they'd rather do something else. Sam gets angry with her friends. Emma is sick of Sam always wanting to choose everything and so decides to talk to her about it. See how Emma explains how she feels to Sam in this episode of *Zoom-in*.

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ZOOM-IN

WEEK 5

Episode BEST FRIENDS FOREVER (BFF)

Emma catches Sam and Layla joking around and saying they're best friends forever. She thought they were all BFFs together. Emma is really sad and now Sam and Layla feel awkward. See how Emma, Sam and Layla deal with the situation. See how Emma handles feeling left-out by her friends in this episode of *Zoom-in*.

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ZEN ZONE

WEEK 6

Episode Z RAY

In this video, Rebecca shows you how to contract and relax your muscles (from your head to your toes) to help you relax and appreciate the sense of calmness the exercise can bring. Watch this episode of *Zone zen* to learn ways to reduce your stress and anxiety.

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ABOUT THE THEME

Rejection

The free module covers rejection in a way that elementary and middle school-aged children will understand. Many children experience small and big rejections that can affect their psychological wellbeing, their self-esteem and their social lives. It's important that children learn how to handle rejection from an early age in order to preserve their psychological balance and maintain their social involvement.

SOCIAL AND EMOTIONAL LEARNING

