

WEBSERIES

WEEK 1

Episode STAND UP TO BULLYING

Emma is being bullied by two older boys at school who keep stealing her things. She's feeling really helpless about it. Her friend Daniel sees the older boys bullying her and offers to help. Watch this episode of the *Webseries* to see what Emma can do.

RELATED SEL COMPETENCIES (CASEL)



THE EMOTIONS AND REACTIONS EXPLORED

FEAR		Run away	BEST CHOICE Get help	Hide your fear
ANGRINESS		Fight	BEST CHOICE Talk about how you feel	Take it out on someone else

ZOOM-OUT

WEEK 2

Episode HOW TO APOLOGIZE?

Dylan is sat at the table and has just finished his hydropower project. Donna is sitting at the same table and accidentally spills her bottle of water over his project. Watch this episode of *Zoom-out* to learn the steps Donna followed to apologize to Dylan appropriately.

RELATED SEL COMPETENCIES (CASEL)



HOW TO APOLOGIZE?

- 1 Realize that you have done something wrong.
- 2 Identify what you did that was wrong.
- 3 Figure out what you did and how that hurt the other person.
- 4 Think about the consequences of your actions.
- 5 Apologize and admit what you did wrong.
- 6 Say what you'll do differently next time.

ZOOM-IN

WEEK 3

Episode AM I BULLIED?

Emma is struggling to tell the difference between a fight she's in with Lucas and bullying. See how Emma deals with the situation in this episode of *Zoom-In*.

RELATED SEL COMPETENCIES (CASEL)



ZOOM-IN

WEEK 4

Episode SEE SOMETHING? SAY SOMETHING.

Daniel sees Sam bullying another kid at school. He has to do something to make sure it doesn't happen again. See how Daniel deals with the situation in this episode of *Zoom-In*.

RELATED SEL COMPETENCIES (CASEL)



ZOOM-IN

WEEK 5

Episode JUST JOKING

Emma and Sam are making fun of Daniel's coat. They think they're just joking around, but that's not how Daniel sees it. See how Emma deals with the situation in this episode of *Zoom-In*.

RELATED SEL COMPETENCIES (CASEL)



ZEN ZONE

WEEK 6

Episode SIT STILL

In this video, Rebecca teaches you how sitting down comfortably and concentrating on your breathing can help you feel less stressed out and better manage your emotions. Watch this episode of *Zen zone* to learn ways to reduce your stress and anxiety.

RELATED SEL COMPETENCIES (CASEL)



ABOUT THE THEME

Bullying

Module 2 covers bullying in elementary and middle schools. It covers the choices for children who either witness or are victims of bullying, and presents strategies they can use when faced with bullying.

SOCIAL AND EMOTIONAL LEARNING

