

### WEBSERIES

#### WEEK 1

##### Episode ACE YOUR SELF-ESTEEM

Emma is really struggling in geography and history class. She doesn't want to stay behind with the teacher because this makes her feel bad. Her friend Lucas tries to think of ways to help her.

##### RELATED SEL COMPETENCIES (CASEL)



##### THE EMOTIONS AND REACTIONS EXPLORED

ANXIOUSNESS		Worry	<b>BEST CHOICE</b> Relax	Avoid
DISCOURAGEMENT		Give up	<b>BEST CHOICE</b> Cheer yourself on	Ask for help

### ZOOM-OUT

#### WEEK 2

##### Episode HOW TO ASK FOR SOMETHING?

Nigel wants to invite Betty to his house. Will his mom let him? Watch this episode of *Zoom-Out* to learn the steps Nigel followed to ask his mom appropriately.

##### RELATED SEL COMPETENCIES (CASEL)



##### HOW TO ASK FOR SOMETHING?

- 1 Be clear about what you want and who you need to ask.
- 2 Stay positive and open to the other person's answer.
- 3 Ask for what you want clearly. Use phrases like "I want" or "I'd like".
- 4 Listen to the answer, accept the decision.
- 5 No matter what the answer is, stay positive and say thank you.

### ZOOM-IN

#### WEEK 3

##### Episode WHAT DO YOU THINK?

Layla isn't feeling very confident and asks Sam what she thinks about her art project. Sam says it's fine, nothing more. Sam's comment is worrying Layla. See how Layla overcomes her lack of self-esteem in this episode of *Zoom-In*.

##### RELATED SEL COMPETENCIES (CASEL)



### ZOOM-IN

#### WEEK 4

##### Episode SPEAK UP!

Daniel and Emma are naming the best sportspeople of all time. Lucas has own impression about the greatest sportsperson of all time, but he doesn't dare speak up. See how Lucas overcomes his lack of self-esteem and speaks up in this episode of *Zoom-in*.

##### RELATED SEL COMPETENCIES (CASEL)



### ZOOM-IN

#### WEEK 5

##### Episode TRY A LITTLE EMPATHY

Layla is struggling with her French and asks Lucas for help. Lucas gets irritated that Layla doesn't understand the simplest things. See how Lucas manages to accept Layla's differences in this episode of *Zoom-In*.

##### RELATED SEL COMPETENCIES (CASEL)



### ZEN ZONE

#### WEEK 6

##### Episode THE RIGHT FOOT

In this video, Rebecca teaches you how starting your day off on the right foot (in the right way) can influence your mood for the rest of the day. Watch this episode of *Zen zone* to learn ways to reduce your stress and anxiety.

##### RELATED SEL COMPETENCIES (CASEL)



##### ABOUT THE THEME

### Self-esteem

Module 4 covers children's self-esteem, in particular with regards to struggling at school. Self-esteem is the foundation of children's psychological balance. It is a protective factor against mental health issues, including other things. So, it's really important that children can maintain high self-esteem even if they are struggling at school.

##### SOCIAL AND EMOTIONAL LEARNING

