

WEBSERIES

WEEK 1

Episode "DAD "NO'S" BEST"

Sam asks her dad if she can go to laser tag with her friends, but her dad says no. She's finding it hard to accept his decision. Watch this episode of the *Webseries* to see what Sam can do.

RELATED SEL COMPETENCIES (CASEL)



THE EMOTIONS AND REACTIONS EXPLORED

DISAPPOINTMENT		Keep asking	Bargain	BEST CHOICE Accept
ANGRINESS		Lose your temper	Try emotional blackmail	BEST CHOICE Walk away

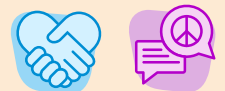
ZOOM-OUT

WEEK 2

Episode HOW TO ACCEPT CRITICISM?

Dylan thinks he's made a masterpiece, but now he's got to deal with Mrs. Jones' criticisms of his painting. Watch this episode of *Zoom-out* to learn the steps Dylan followed to take on board Mrs. Jones' criticisms appropriately.

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HOW TO RECEIVE CRITICISM?

- 1 Stay calm while you listen to what the other person has to say.
- 2 Repeat their criticism to make sure you understood what they said.
- 3 Decide whether the criticism is helpful or not.
- 4 Accept what they have to say and thank them for their comments.

ZOOM-IN

WEEK 3

Episode WAS I TOO PUSHY?

Sam sees Daniel and Lucas playing basketball at recess. Sam insists that they let her join in. Daniel and Lucas refuse to let her. See how Sam reacts to their refusal in this episode of *Zoom-in*.

RELATED SEL COMPETENCIES (CASEL)



ZOOM-IN

WEEK 4

Episode ASKING FOR PERMISSION

Sam borrows Emma's top without asking. Emma's not very happy and asks Sam to put it back. See how Sam reacts to her refusal in this episode of *Zoom-in*.

RELATED SEL COMPETENCIES (CASEL)



ZOOM-IN

WEEK 5

Episode ASK WHY

Daniel is crying because his dad won't let him do something. Sam suggests that he tries to find out why his dad said no before getting upset. See how Daniel reacts to his dad's refusal in this episode of *Zoom-in*.

RELATED SEL COMPETENCIES (CASEL)



ZEN ZONE

WEEK 6

Episode THE MOUNTAIN

In this video, Anna teaches you how to be like a mountain. Standing tall, firm and strong, and ignoring the clouds, wind and rain. Watch this episode of *Zen zone* to learn ways to reduce your stress and anxiety.

RELATED SEL COMPETENCIES (CASEL)



ABOUT THE THEME

Accepting "No"

Module 3 covers how children react to being told no. Having to submit to their parents' decisions or decisions made by other authority figures (at school or elsewhere) is an ever-present challenge for children aged 6 to 13.

SOCIAL AND EMOTIONAL LEARNING

