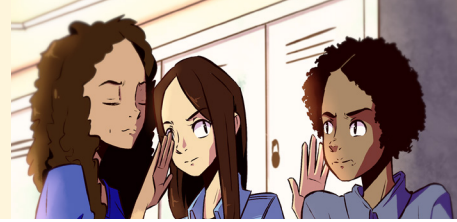


REJECTION

This 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.



WEEK 1 ----->

Webseries

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.

WEEK 2 ----->

Zoom-Out

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 what she does. Watch this episode of Zoom-Out to learn the steps Mary-Lou followed to share how she felt with Dylan appropriately.

WEEK 3 ----->

Zoom-In

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.

WEEK 4 ----->

Zoom-In

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.

WEEK 5 ----->

Zoom-In

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.

WEEK 6 ----->

Zen Zone

EPISODE

Z-Ray

In this video, Anna 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 Zen Zone to learn ways to reduce your stress and anxiety.

ADAPTING TO CHANGE

This module 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.



WEEK 1 ----->

Webseries

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 Web Series to see what Lucas can do.

WEEK 2 ----->

Zoom-Out

EPISODE

How to Start a Conversation

Dylan sees Donna 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.

WEEK 3 ----->

Zoom-In

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.

WEEK 4 ----->

Zoom-In

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.

WEEK 5 ----->

Zoom-In

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.

WEEK 6 ----->

Zen Zone

EPISODE

Happy Place

In this video, Anna 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.

BULLYING

This module 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.



WEEK 1 ----->

Webseries

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 Web Series to see what Emma can do.

WEEK 2 ----->

Zoom-Out

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.

WEEK 3 ----->

Zoom-In

EPISODE

Am I Being Bullied?

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

WEEK 4 ----->

Zoom-In

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.

WEEK 5 ----->

Zoom-In

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.

WEEK 6 ----->

Zen Zone

EPISODE

Sit Still

In this video, Anna 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.

ACCEPTING « NO »

This module 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.



WEEK 1 ----->

Webseries

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 Web Series to see what Sam can do.

WEEK 2 ----->

Zoom-Out

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.

WEEK 3 ----->

Zoom-In

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.

WEEK 4 ----->

Zoom-In

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.

WEEK 5 ----->

Zoom-In

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.

WEEK 6 ----->

Zen Zone

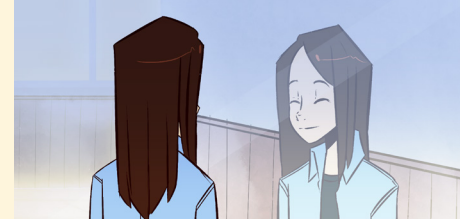
EPISODE

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.

SELF-ESTEEM

This module 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.



WEEK 1 ----->

Webseries

EPISODE

Ace your Self-esteem

Sam 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 Daniel tries to think of ways to help her. Watch this episode of the Web Series to see what Sam can do.

WEEK 2 ----->

Zoom-Out

EPISODE

How To Ask For Something

Nigel wants to invite Mary-Lou over 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.

WEEK 3 ----->

Zoom-In

EPISODE

What Do You Think?

Emma 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 Emma. See how Emma overcomes her lack of self-esteem in this episode of Zoom-In.

WEEK 4 ----->

Zoom-In

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.

WEEK 5 ----->

Zoom-In

EPISODE

Try a Little Empathy

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

WEEK 6 ----->

Zen Zone

EPISODE

The Right Foot

In this video, Emmy 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.

FEAR OF BEING JUDGED

This module covers children's need to be accepted by their peers and the challenges of being yourself when faced with peer pressure. It covers the fear of being judged by a friendship group.



WEEK 1 ----->

Webseries

EPISODE

Don't be afraid to speak up

Daniel's friends are going to watch a scary movie. Daniel doesn't want to watch the movie, because he's worried he might have nightmares. But he's being pressured by his friends and is too scared to say what he really thinks. Watch this episode of the Web Series to see what Daniel can do.

WEEK 2 ----->

Zoom-Out

EPISODE

How to Stand Up For Yourself

Donna tries to get Nigel to draw on a wall. Nigel doesn't want to and needs to stand up for himself. Watch this episode of Zoom-Out to learn the steps Nigel followed to stand up for himself appropriately.

WEEK 3 ----->

Zoom-In

EPISODE

What if They Make Fun of Me?

The school has just got new skipping ropes. Lucas and Sam can't wait to go play. Emma doesn't want to join in because she's scared she's no good and that her friends will laugh at her. See how Emma overcomes her fear of being judged in this episode of Zoom-In.

WEEK 4 ----->

Zoom-In

EPISODE

That's for Girls Everyone!

Daniel is making fun of Lucas because he's joined the cheerleading squad. Daniel thinks it's a sport for girls. See how Lucas reacts to Daniel's judgment in this episode of Zoom-In.

WEEK 5 ----->

Zoom-In

EPISODE

Let's Be Friends

Emma wants to get to know a girl from school who is a bit strange, but seems really interesting. However, she's worried that her friends are going to judge her. See how Emma overcomes her fear of being judged in this episode of Zoom-In.

WEEK 6 ----->

Zen Zone

EPISODE

The Weather Inside

In this video, Emmy teaches you how to notice to your inner weather and to accept (just like the weather outside) that it's normal to have sunny days and cloudy days. Watch this episode of Zen Zone to learn ways to reduce your stress and anxiety.