

WEBSERIES

WEEK 1

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 *Webseries* to see what Daniel can do.

RELATED SEL COMPETENCIES (CASEL)



THE EMOTIONS AND REACTIONS EXPLORED

EMBARRASSMENT		Lie	BEST CHOICE Tell the truth	Avoid saying anything
FEAR		Give in	BEST CHOICE Stand up for yourself	Run away

ZOOM-OUT

WEEK 2

Episode **HOW TO STAND UP FOR YOURSELF?**

Eve 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.

RELATED SEL COMPETENCIES (CASEL)



HOW TO STAND-UP FOR YOURSELF?

- 1 Stand up straight and look the other person in the eyes.
- 2 Make sure they're listening to you.
- 3 Tell them how you feel and don't make accusations.
- 4 Stand up for yourself and make sure they understood you.

ZOOM-IN

WEEK 3

Episode **WHAT IF THEY MAKE FUN OF ME?**

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

RELATED SEL COMPETENCIES (CASEL)



ZOOM-IN

WEEK 4

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*.

RELATED SEL COMPETENCIES (CASEL)



ZOOM-IN

WEEK 5

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*.

RELATED SEL COMPETENCIES (CASEL)



ZEN ZONE

WEEK 6

Episode **THE WEATHER INSIDE**

In this video, Rebecca 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.

RELATED SEL COMPETENCIES (CASEL)



ABOUT THE THEME

Fear of being judged

Module 5 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.

SOCIAL AND EMOTIONAL LEARNING

