



# PEDAGOGICAL GUIDE

moozoom PEDAGOGICAL GUIDE - 2023

---



## TABLE OF CONTENTS

Introduction . . . . .	2
Student-Led SEL . . . . .	3
Theory of Change . . . . .	4
Scope and Sequence . . . . .	4
Program Overview . . . . .	7
Movie Lessons. . . . .	7
Follow-up Activities. . . . .	9
Free vs. Paid Version . . . . .	10
The Implementation Journey . . . . .	10
Assessment Data . . . . .	12
<b>Schedule A</b> moozoom index. . . . .	14

## INTRODUCTION

With an increasing number of multicultural and multilingual schools serving students from many different socio-economic backgrounds with different motivations for engaging in learning, behaving positively, and performing academically, social and emotional learning (SEL) provides a foundation for safe and positive learning. SEL enhances students' ability to succeed in school, careers, and life.

Research has shown that students participating in SEL programs demonstrated improved classroom behavior, increased ability to manage stress and depression, and better attitudes about themselves, others, and school (Durlak et al. 2011).

As we slowly recover from Covid-19, there has been a significant increase in the number of U.S. schools that acknowledge the positive impact effective SEL could have on their students and community. Their biggest challenge is program implementation.

Most existing SEL programs require considerable investments from districts and schools for training and lesson planning. This affects teachers' ability to deliver engaging SEL to students and can lead to pushback from teachers who may consider SEL an additional burden to their already heavy workload. Therefore, many of those programs end up not being utilized and students are deprived of strategies to support them as they encounter everyday challenges and situations.

Check out this Pedagogical Guide to learn how moozoom's student-led SEL program is transforming the space of SEL.

## STUDENT-LED SEL

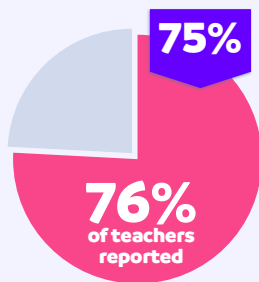
moozoom's **student-led and ready-to-use** program allows teachers to start teaching SEL from day one with "Netflix" quality live-action SEL movie lessons where a variety of socioeconomic/cultural backgrounds are represented. moozoom is an SEL movie lesson platform showing students being students. **Watch moozoom's teaser [here](#).**

moozoom's platform was designed to make SEL easy for teachers and highly engaging for students. It requires no training or prep time, and all learning enhancements are embedded in the platform so teachers can deliver the content with ease in one click.

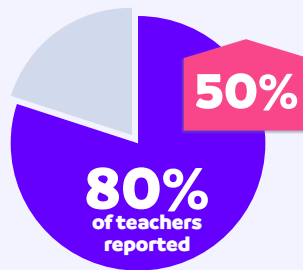
Our most recent case study in a K-8 Title 1 funded school district in Illinois reported that 76% of teachers were able to reduce their SEL lesson planning by using moozoom, and 40% of teachers started teaching SEL more than once a week compared to 8% before moozoom.

### OUTCOMES AND RESULTS IN A NUTSHELL

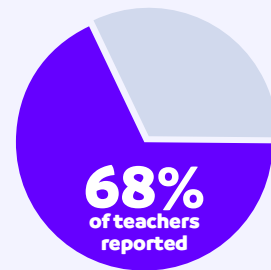
AFTER 60 DAYS USING MOOZOOM:



Being able to reduce their SEL lesson planning by more than 75%



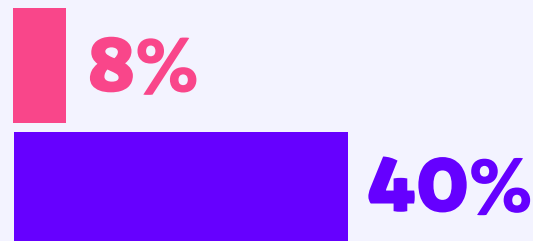
An increase of more than 50% in student engagement during SEL lessons



A significant decrease in student conflict

92%

of teachers reported significant improvement in general student behavior



40% of teachers started teaching SEL more than once a week (compared to 8% before moozoom)

After 60 days of use, 80% of teachers reported an increase of more than 50% in student engagement during SEL lessons, while 68% of teachers reported a significant decrease in student conflict. **Read the entire case study [here](#) and watch the case study testimonial [here](#).**

## THEORY OF CHANGE

moozoom offers bite-size “choose your own adventure” movies that immerse students in a fictional universe where they can create their own stories and forge meaningful links with their daily challenges. The content provides opportunities for student-led modeling, discussions, and follow-up activities (at school or at home) designed to reinforce learning and support students in navigating challenges in their everyday life. moozoom’s theory of change and pedagogy is that observing real and relatable behaviors will lead to rapid behavioral change and systemic well-being transformation in schools. moozoom allows students to observe behaviors in relatable characters and practice SEL skills through classroom discussion, journal activities, quizzes, daily keys to action, and classroom role plays.

Based on five core SEL competencies, our application supports synchronous, asynchronous, or blended learning instructional delivery models as the school and teachers deem fit. Designed as a Tier 1 intervention model for students in grades PK-6, moozoom can also be utilized for Tier 2 and Tier 3 intervention support. This approach provides ample opportunities for students to continue their social-emotional learning in a small group or one-on-one setting.

When diving into a moozoom adventure, each student learns at their own pace, based on their individual cognitive development. The entire platform was built to empower students to reflect on their own choices by observing other kids’ behavior in real time. There are no right or wrong answers, only different strategies to explore. If a student selects a less desirable choice they receive immediate feedback either from the platform (during the quizzes) or the movie characters. Feedback is adapted per grade.

**WARNING: We strongly recommend observing the impact of our content on student engagement and teacher buy-in during a classroom session before deciding whether or not to implement moozoom in your school.**

## SCOPE AND SEQUENCE

moozoom’s scope and sequence allow schools and teachers to customize their yearly lesson plans by selecting the themes that meet their needs. Themes can be viewed in any order and each one covers all five competencies. As a result, students’ social-emotional knowledge acquisition and skills development progress as each theme is completed. Therefore, there is no need for teachers to feel pressure to finish the entire program within the school year.

# SCOPE AND SEQUENCE Grades 2-6

**Everyday challenge-based movie lessons**  
Each theme contains 4-6 weeks of movie lessons

**Group activities or individual assignments**  
Each theme contains various follow-up activities



**Step 1  
Attention**



**Step 2  
Retention**



**Step 3  
Reproduction**



**Step 4  
Motivation**

1. Webseries → 2. Zoom-In → 3. Zoom-Out/Zoom-Act

**Teacher  
Discussion  
Guide**

**Quiz**

**Journal**

**Jumble Steps**

**Role Play**

**Mindfulness  
activities**

**Keys to Action**

**My playlist**

Customizable yearly themes plan

Influence

Healthy Relationships

Rejection

Difference

Resilience

Self-Esteem

Using Good Judgment

Fear of Being Judged

Bullying

Accepting "No"

Adapting to Change

\* Assertiveness

\* Cliques & Gossip

\* Social Media

\* Anxiety

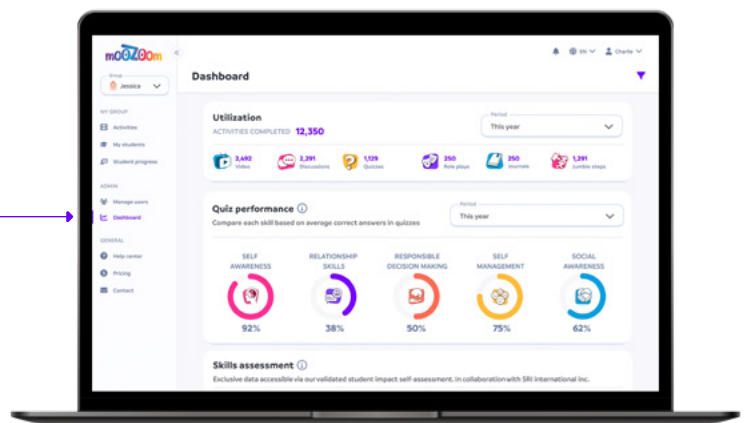
\* Responsibility

\* Coming August 23

New themes every school year

**Zen Zone video/audio**

**Social and emotional development aligned**



# SCOPE AND SEQUENCE PK-1

Everyday challenge-based movie lessons

Group activities or individual assignments  
Each theme contains various follow-up activities



**Step 1  
Attention**



**Step 2  
Retention**



**Step 3  
Reproduction**



**Step 4  
Motivation**

\* Coming August 23

Customizable yearly themes plan

- Conflict
- Accepting "No"
- Friendship
- Sharing
- Respect
- \* Impulse Control
- \* Empathy
- \* Anxiety
- \* Accepting Difference
- \* Self-Esteem

New themes every school year

Zen Zone video/audio

Emotion  
games

Teacher  
Discussion  
Guide

Emotiometer

Seek & Find

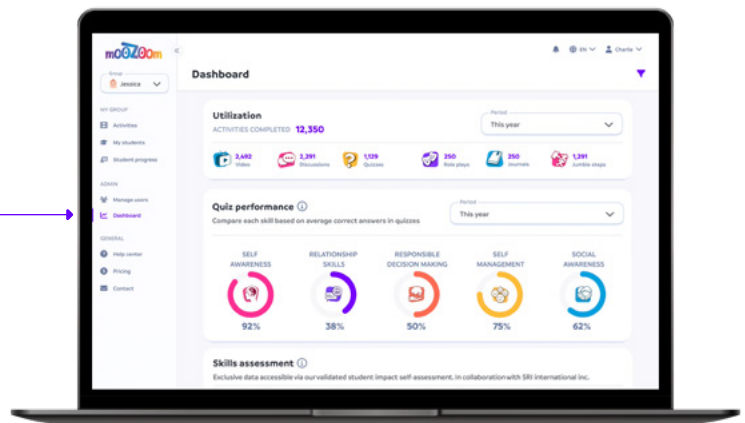
Role Play

Mindfulness  
activities

Keys to Action

My playlist

Social and emotional development aligned



## PROGRAM OVERVIEW

moozoom provides a range of **student-led movie lessons** that allow PK-6 students to dive into real-life scenarios featuring characters of their age and view different options on how to deal with everyday life situations. Not only are our challenge-based theme movies designed for students to relate to situations they face every day, they also allow teachers to deliver SEL with little to no lesson planning. Read on to learn more about our different movie formats. **Watch a 5-minute recorded product tour of moozoom’s platform [here](#).**

MOVIE LESSONS		
Format	Grade levels	Description
<p><b>Webseries</b> 2 seasons available Next season: August 2023 Duration: 18–20 min</p>	<p><b>Elementary</b> Grade 2-6</p>	<p><i>Webseries</i> video lessons present “choose your own adventure” episodes where students are prompted to select emotional and reactionary paths based on the social-emotional related situations acted out. After viewing all the different paths, students can watch the conclusion and see how the scenario [ideally] plays out. Each <i>Webseries</i> lesson comes with a downloadable lesson ‘cheat sheet’ and follow-up activities that include:</p> <ul style="list-style-type: none"> <li>✔ Group activities:           <ul style="list-style-type: none"> <li>• Teacher Discussion Guide</li> </ul> </li> <li>✔ Individual assignments:           <ul style="list-style-type: none"> <li>• Journal</li> <li>• Quiz</li> </ul> </li> </ul>
<p><b>Zoom-Out</b> 1 season available</p> <p><b>Zoom-Act</b> 1 season available Next season: August 2023 Duration: 4-6 min</p>	<p><b>Elementary</b> Grade 2-6</p>	<p>In <i>Zoom-Out</i> or <i>Zoom-Act</i> video lessons, characters will act out each of the social-emotional related sequences required to produce a desirable behavior. Based on an executive functioning SEL development approach, students will learn how to navigate difficult situations by practicing perspective, talking, and reacting appropriately. Each <i>Zoom-Out</i> or <i>Zoom-Act</i> lesson is accompanied by a downloadable lesson ‘cheat sheet’ and follow-up activities that include:</p> <ul style="list-style-type: none"> <li>✔ Group activities:           <ul style="list-style-type: none"> <li>• Teacher Discussion Guide</li> <li>• Role Play</li> </ul> </li> <li>✔ Individual assignments:           <ul style="list-style-type: none"> <li>• Jumble Steps</li> <li>• Journal</li> <li>• Quiz</li> </ul> </li> </ul>



# MOVIE LESSONS

Format	Grade levels	Description
<p><b>Zoom-In</b> 2 seasons available Next season: August 2023 Duration: 2-6 min</p>	<p><b>Elementary</b> Grade 2-6</p>	<p><i>Zoom-In</i> video lessons present a challenge from each character's point of view. Beginning with Season 2, students can choose which mind they want to dive into and then reflect on that character's perspective. Each <i>Zoom-In</i> lesson is accompanied by a downloadable lesson 'cheat sheet,' and follow-up activities that include:</p> <ul style="list-style-type: none"> <li>✔ Group activities: <ul style="list-style-type: none"> <li>• Teacher Discussion Guide</li> </ul> </li> <li>✔ Individual assignments: <ul style="list-style-type: none"> <li>• Journal</li> <li>• Quiz</li> </ul> </li> </ul>
<p><b>Emotion Recognition games</b></p>	<p><b>Early Elementary</b> PK-1 (Mini-Zoom)</p>	<p>As a prerequisite for <i>Mini-Zoom's</i> series, the <i>Emotion Recognition</i> section features short, interactive capsules and activities designed to support students in developing social-emotional vocabulary and practicing emotion regulation.</p> <ul style="list-style-type: none"> <li>✔ Individual assignments: <ul style="list-style-type: none"> <li>• Emotiometer</li> <li>• Seek and find</li> </ul> </li> </ul>
<p><b>Mini-Zoom</b> 1 season available Next season: August 2023</p>	<p><b>Early Elementary</b> PK-1 (Mini-zoom)</p>	<p>Developed for younger learners, <i>Mini-Zoom</i> is recommended for preschool, transitional kindergarten, kindergarten, and first-grade students. Inspired by our <i>Zoom-In</i> format, all content (videos and supplemental materials) were designed and adapted for students at this developmental stage to learn that with each challenge or situation, there are many different points of view. Each <i>Mini-Zoom</i> lesson has downloadable visuals.</p> <ul style="list-style-type: none"> <li>✔ Group activities: <ul style="list-style-type: none"> <li>• Teacher Discussion Guide</li> <li>• Role Play</li> </ul> </li> </ul>
<p><b>Zen-Zone</b> 2 seasons available</p>	<p><b>Elementary</b> PK-1 (Mini-zoom) Grade 2-6</p>	<p><i>Zen-Zone</i> (Season 2) provides mindfulness videos designed to support student needs during various parts of the school day, including breakfast, transitions, lunch, pack up, and dismissal. All mindfulness videos are also available in an audio-only format. Check out our mindfulness activities for simple relaxation and mindfulness techniques. Use <i>Zen-Zone's</i> instrumental playlists to enhance students' mindfulness meditation exercises or as background noise during independent work.</p> <p><i>Zen-Zone</i> (Season 1) provides various mindfulness video exercises where the characters act out each of the movements.</p>

\*Find the list of all movie lessons and targeted competencies under Schedule A attached hereto.

## FOLLOW-UP ACTIVITIES

Format	Grade levels	Description
<b>Emotional Check-In</b> (Pre-assessment activity)	<b>Elementary</b> Grades 2-6	<p>The emotional check-in is an informal pre-assessment that gives students the opportunity to identify their emotions while also providing support to enhance emotional vocabulary. Each time students connect to their moozoom account, they must reflect on how they feel by selecting an avatar that represents their emotional state at the time of connection. This is a wonderful self-regulation exercise and an opportunity to improve emotional vocabulary.</p> <p>Teachers can assess their students' emotional check-in history and will receive a push notification every time a student selects a negative emotion.</p>
<b>Discussion Guides</b> (Group activity)	<b>Early Elementary</b> PK-1 (Mini-zoom)  <b>Elementary</b> Grades 2-4 (Beginner) Grades 5-6 (Advanced)	<p>Printable classroom discussion guides support teacher-led student discussion during or after watching a movie lesson. This is a great opportunity to help students make connections between their lived experiences and those of the characters. This can also lead to a later discussion about how students can apply newly acquired social-emotional skills in their own lives.</p>
<b>Jumble Steps</b> (Individual assignment)	<b>Elementary</b> Grades 2-4 (Beginner) Grades 5-6 (Advanced)	<p>Jumble Steps is an educational game in which students must correctly order the steps to implement the social-emotional skills explored in the videos. This activity is leveled appropriately for each grade band.</p>
<b>Role Play</b> (Group activity)	<b>Early Elementary</b> PK-1 (Mini-zoom)  <b>Elementary</b> Grades 2-4 (Beginner) Grades 5-6 (Advanced)	<p>In teams of two or more, students choose a scenario related to the theme and improvise possible solutions to respond to social-emotional challenges. This activity is leveled appropriately for each grade band.</p>
<b>Journal</b> (Individual assignment)	<b>Elementary</b> Grades 5-6 (Advanced)	<p>The journal is a chatbot conversation tool that allows students to revisit a particular movie lesson and expand on other emotions experienced or other paths they may have chosen if they were the character. This tool allows students to freely express themselves while fostering self-esteem and a sense of competence by sharing a situation where they experienced success.</p>
<b>Keys to Action</b> (Integration activity)	<b>Elementary</b> Grades 2-6	<p>Encourage students to further integrate SEL into their day by using one of our suggested keys to action exercises designed for either school or home.</p>

## FOLLOW-UP ACTIVITIES

Format	Grade levels	Description
<b>Quiz</b> (Individual assignment & assessment)	<b>Elementary</b> Grades 2-4 (Beginner) Grades 5-6 (Advanced)	moozoom engages students with quizzes that reassert and solidify student knowledge acquisition at the conclusion of each video-based lesson. These quizzes build on prior knowledge, create a bridge between the lived experience of the students and those of the characters, and challenge students to consider reactions and consequences of the character's behavior and their own. Quizzes are auto-graded by the platform, and teachers can view individual student quiz responses by selecting a student's name card under <i>My Students</i> . Individual and class-wide quiz performance is available on the teacher dashboard. This activity is leveled appropriately for each grade band.
<b>Seek &amp; Find</b> (Individual assignment)	<b>Early Elementary</b> PK-1 (Mini-Zoom)	Our <i>Mini-Zoom</i> Seek & Find activity gives our young learners the chance to view a variety of different facial cues and expressions and asks them to identify the corresponding emotions.
<b>Emotion games</b> (Group activity)	<b>Early Elementary</b> PK-1 (Mini-Zoom)	The Emotion Games are simple interactive activities that depict moozoom characters experiencing different emotions and allow learners to identify the correct response.
<b>Emotimeter</b> (Individual assignment)	<b>Early Elementary</b> PK-1 (Mini-Zoom)	The Emotimeter is a great activity created specifically for our <i>Mini-Zoom</i> learners. While simultaneously practicing fine motor skills, students are also learning about the different intensities of different emotions.

## FREE VS. PAID VERSION

Another feature that sets moozoom apart is our subscription options. moozoom users with free subscriptions can access a wide range of episodes and materials without being limited by time constraints for using them. We want our users to have ample opportunity to engage efficiently with the content they'll have access to. Unlike our free subscribers' limited access, our paid subscribers will have full access to each of our themes, episodes, and activities, as well as all of the new and improved platform functionalities.

## THE IMPLEMENTATION JOURNEY

moozoom's "no training, no lesson planning" concept is designed to increase teacher buy-in. **Our vision is that if students love their SEL program, teachers will love teaching it.**

The same day a school subscribes to moozoom, it is assigned a designated customer success specialist that will proceed with school-wide onboarding and ensure an optimized utilization of the platform by all teachers for the months to follow. **Click [here](#) to watch a full moozoom lesson and preview a teacher's journey with moozoom!**

### Step 1: Select your themes

After creating your account, select your theme. Each of our themes has a minimum of four movie lessons ranging from two to twenty minutes, with various follow-up activities ranging from two to ten minutes to complete. On average, teachers complete one movie lesson and the associated activities per week. Prior to any school-wide implementation, and depending on how much time is available for teaching SEL, we recommend your moozoom team select the themes that relate to particular student challenges identified for your school at the beginning of the school year.

### Step 2: Find time with students

moozoom's student-centered approach facilitates SEL in a classroom setting by teaching students skills through observation of other kids' behavior and previewing different ways to resolve daily challenges. Although moozoom does not require a specific amount of time per day to invest in moozoom, it is our recommendation to find at least thirty minutes per week with students, over one or multiple period(s). Morning meetings or closing circles are a great time to utilize moozoom!

### Step 3: Teach a moozoom lesson

Depending on the availability of technology in your classroom, moozoom can be used synchronously, asynchronously, or independently at home (depending on device and internet access). Below are a few tips and tricks on how to access and utilize moozoom in a classroom.

- **Technology ready:** Prior to planning a moozoom lesson, have students' devices ready. This will save time when it comes to completing independent assignments. If your school offers an SEL block, moozoom could be utilized then. Here are some of moozoom's recommendations depending on the accessibility.

*If your students do not have access to a computer, moozoom recommends viewing the videos and completing the related activities as a group (one large group or small groups). This can be done by working together to answer the quiz questions and formulating responses to journal prompts in small groups. Teachers can also assign activities for students to complete as homework and utilize morning meeting and/or closing circle time to facilitate a group discussion focused on the core competencies learned in the lesson.*

- **Create a student group:** Allowing students to complete the follow-up activities through their student account has numerous advantages, such as completing an emotional check-in when logging in and allowing teachers to see their answers, progression, and performance. moozoom can be easily integrated with Google classroom and/or Clever. **Learn how to create a group by clicking [here](#).**
- **Start teaching:** Click on "Themes" (from the left side menu) to have a quick overview of all movie lessons and follow-up activities available.

- **Teacher discussion guide:** Prior to watching a movie lesson within a theme, print the teacher discussion guide to help facilitate teaching the lesson and encourage students to discuss the different options presented. The discussion guide also encourages students to share their own experiences and how they can relate to the characters.

- **Watch a movie lesson:** For grades 2-6 content, watch the theme movie lessons in this suggested order: Webseries, Zoom-In, and Zoom-Act. For Mini-Zoom (PK-1), start by watching one or more of the *Emotion Game* videos contained in the *Emotion Recognition* section. Students can deepen their knowledge of a specific emotion by completing an *Emotiometer* or *Seek and Find* activity. Repeat as necessary prior to watching one of our interactive movie lessons.

Although moozoom videos can be viewed independently, it is our recommendation to watch all movie lessons as a class. This allows for open discussion and sharing of experiences among students.

- **Assign follow-up activities:** After watching a movie lesson, have students (grades 2-6) log in to their accounts and access the assigned follow-up activities. In order to assign movie lessons or follow-up activities, use the “assign” button on each movie lesson. This will automatically enable access to students from their individual profiles.

- **Follow student progression, utilization, and performance:** Access the “My Students” space to view the last ten days of emotional check-in history as well as complete and incomplete activities. Access the “Dashboard” to view student utilization and quiz performance, either individually or as a group, based on the five core competencies.

- **Reinforce student learning:** Use our various keys to action to help students integrate learning in their day-to-day life.

## ASSESSMENT DATA

moozoom collects four types of formal and informal assessment data for teachers and administrators.

- **Utilization:** moozoom tracks utilization of the platform. This refers to the number of videos viewed and activities completed. This data can be filtered by classroom, teacher, and student. Utilization data is available in the Dashboard.

- **Wellness:** Wellness check-in history is available on the *My Students* page. This informal assessment is intended to be proactive instead of reactive. The emotional check also improves emotional vocabulary for students. Students submit feedback on present emotions and all negative emotions will be flagged and the appropriate staff members will be alerted.

- **Knowledge:** The quiz performance data point provides a holistic overview of how students are performing on quizzes based on the five social and emotional competencies. The teacher dashboard continuously updates quiz results and illustrates student progress in each competency and they work through the theme.
- **Skills:** Developed in partnership with SRI International (formerly Stanford Research Institute), this pre- and post-survey assessment tracks SEL skill acquisition over time through engaging with the moozoom platform.

These four data streams provide administrators with a look into student skill and knowledge acquisition within their school community. This data can be used for reporting, curriculum planning, and to targeting social-emotional and mental health interventions. **For any questions about moozoom:** <https://moozoomapp.com/contact-us/>.

Enjoy moozoom!
















# SCHEDULE A

## moozoom INDEX

# MOOZOOM INDEX

THEME	VIDEOS	VIDEO TYPE	COMPETENCIES AND STANDARDS TARGETED
Difference	<b>Same, but Different</b>	Webseries	<p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Identifying personal, cultural, and linguistic assets</li> </ul> <p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>Recognizing strengths in others</li> </ul>
Difference	<b>A Little Differ-Aunt</b>	Zoom-In	<p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>Demonstrating curiosity and open-mindedness</li> </ul> <p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>Identifying diverse social norms, including unjust ones</li> </ul>
Difference	<b>All by Myself</b>	Zoom-In	<p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Identifying personal, cultural, and linguistic assets</li> </ul> <p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>Recognizing strengths in others</li> </ul>
Difference	<b>How to Accept Differences</b>	Zoom-Act	<p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>Understanding and expressing gratitude</li> </ul>
Healthy Relationships	<b>International Dirty Shirt Day</b>	Webseries	<p><b>SELF-MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>Managing one's emotions</li> </ul> <p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>Communicating effectively</li> </ul>
Healthy Relationships	<b>Study Buddy</b>	Zoom-In	<p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>Identifying solutions for personal and social problems</li> </ul> <p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>Communicating effectively</li> <li>Seeking or offering support and help when needed</li> </ul> <p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>Showing empathy and compassion</li> <li>Recognizing strengths in others</li> </ul>
Healthy Relationships	<b>F for Friend</b>	Zoom-In	<p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>Showing empathy and compassion</li> <li>Understanding and expressing gratitude</li> </ul> <p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>Identifying solutions for personal and social problems</li> </ul>
Healthy Relationships	<b>How to Forgive a Friend</b>	Zoom-Act	<p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>Communicating effectively</li> </ul> <p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Identifying one's emotions</li> </ul>



THEME	VIDEOS	VIDEO TYPE	COMPETENCIES AND STANDARDS TARGETED	
Influence	<b>1+1 = Fun!</b>	Webseries	<p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>Identifying solutions for personal and social problems</li> <li>Anticipating and evaluating the consequences of one's actions</li> </ul> <p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>Showing leadership in groups</li> </ul>	 
Influence	<b>My Precious ... Pen</b>	Zoom-In	<p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Demonstrating honesty and integrity</li> <li>Integrating personal and social identities</li> </ul> <p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>Anticipating and evaluating the consequences of one's actions</li> </ul>	 
Influence	<b>Acting Alone</b>	Zoom-In	<p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Integrating personal and social identities</li> </ul> <p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>Showing empathy and compassion</li> <li>Showing concern for the feelings of others</li> </ul>	 
Influence	<b>How to Handle Peer Pressure</b>	Zoom-Act	<p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>Resisting negative social pressure</li> </ul> <p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>Anticipating and evaluating the consequences of one's actions</li> </ul>	 
Resilience	<b>The Tower of Pizza!</b>	Webseries	<p><b>SELF-MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>Managing one's emotions</li> <li>Identifying and using stress-management strategies</li> </ul> <p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>Showing empathy and compassion</li> <li>Understanding and expressing gratitude</li> </ul> <p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>Identifying solutions for personal and social problems</li> </ul>	  
Resilience	<b>Last but Not Least</b>	Zoom-In	<p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Identifying personal, cultural, and linguistic assets</li> </ul> <p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>Recognizing strengths in others</li> <li>Showing empathy and compassion</li> </ul>	 
Resilience	<b>Something Special</b>	Zoom-In	<p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>Showing empathy and compassion</li> </ul> <p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>Seeking or offering support and help when needed</li> </ul>	 
Resilience	<b>How to Deal with Challenging Situations</b>	Zoom-Act	<p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Identifying one's emotions</li> </ul> <p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>Identifying solutions for personal and social problems</li> </ul>	 

THEME	VIDEOS	VIDEO TYPE	COMPETENCIES AND STANDARDS TARGETED
Using Good Judgment'	<b>Chocolate Zombies</b>	Webseries	<p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Experiencing self-efficacy</li> </ul> <p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>Identifying solutions for personal and social problems</li> </ul>
Using Good Judgment'	<b>Serious Secret</b>	Zoom-In	<p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>Showing empathy and compassion</li> </ul> <p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>Standing up for the rights of others</li> <li>Seeking or offering support and help when needed</li> </ul>
Using Good Judgment'	<b>A Big Stink</b>	Zoom-In	<p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>Learning to make a reasoned judgment after analyzing information, data, and facts</li> </ul> <p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Examining prejudices and biases</li> </ul>
Using Good Judgment'	<b>How to Use Good Judgment</b>	Zoom-Act	<p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>Anticipating and evaluating the consequences of one's actions</li> </ul> <p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Identifying one's emotions</li> <li>Identifying personal, cultural, and linguistic assets</li> </ul>
Rejection	<b>A Big Misunderstanding</b>	Webseries	<p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>Communicating effectively</li> <li>Resolving conflicts constructively</li> </ul> <p><b>SELF-MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>Managing one's emotions</li> </ul>
Rejection	<b>Sharing Friends</b>	Zoom-In	<p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>Developing positive relationships</li> <li>Communicating effectively</li> </ul>
Rejection	<b>My Way</b>	Zoom-In	<p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>Considering others' perspectives</li> </ul> <p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>Developing positive relationships</li> </ul> <p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>Demonstrating curiosity and open-mindedness</li> </ul>
Rejection	<b>Best Friends Forever</b>	Zoom-In	<p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>Showing empathy and compassion</li> </ul> <p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>Developing positive relationships</li> <li>Communicating effectively</li> </ul>
Rejection	<b>How to Express Your Feelings</b>	Zoom-Out	<p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Identifying one's emotions</li> <li>Linking feelings, values, and thoughts</li> </ul> <p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>Developing positive relationships</li> <li>Communicating effectively</li> </ul>

THEME	VIDEOS	VIDEO TYPE	COMPETENCIES AND STANDARDS TARGETED	
Fear of Being Judged	<b>Don't Be Afraid to Speak Up</b>	Webseries	<p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>Resisting negative social pressure</li> </ul> <p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>Showing concern for the feelings of others</li> </ul>	 
Fear of Being Judged	<b>What if They Make Fun of Me?</b>	Zoom-In	<p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Identifying personal, cultural, and linguistic assets</li> <li>Having a growth mindset</li> </ul> <p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>Identifying solutions for personal and social problems</li> </ul>	 
Fear of Being Judged	<b>That's for Everyone!</b>	Zoom-In	<p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Examining prejudices and biases</li> </ul> <p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>Identifying diverse social norms, including unjust ones</li> </ul>	 
Fear of Being Judged	<b>Let's Be Friends</b>	Zoom-In	<p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>Identifying diverse social norms, including unjust ones</li> </ul> <p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Examining prejudices and biases</li> </ul> <p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>Standing up for the rights of others</li> </ul>	  
Fear of Being Judged	<b>How to Stand Up for Yourself</b>	Zoom-Out	<p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Integrating personal and social identities</li> </ul> <p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>Resisting negative social pressure</li> <li>Communicating effectively</li> </ul>	 
Self-Esteem	<b>Ace your Self-Esteem</b>	Webseries	<p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Identifying personal, cultural, and linguistic assets</li> <li>Having a growth mindset</li> </ul> <p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>Identifying solutions for personal and social problems</li> </ul> <p><b>SELF-MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>Managing one's emotions</li> <li>Setting personal and collective goals</li> </ul>	  
Self-Esteem	<b>What Do You Think?</b>	Zoom-In	<p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Identifying personal, cultural, and linguistic assets</li> <li>Having a growth mindset</li> </ul>	
Self-Esteem	<b>Speak Up!</b>	Zoom-In	<p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Having a growth mindset</li> </ul> <p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>Communicating effectively</li> </ul>	 

THEME	VIDEOS	VIDEO TYPE	COMPETENCIES AND STANDARDS TARGETED
Self-Esteem	<b>Try a Little Empathy</b>	Zoom-In	<p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>Recognizing strengths in others</li> <li>Showing empathy and compassion</li> </ul> <p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>Seeking or offering support and help when needed</li> </ul>
Self-Esteem	<b>How to Ask for Something</b>	Zoom-Out	<p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>Communicating effectively</li> </ul>
Accepting "No"	<b>Dad "No's" Best</b>	Webseries	<p><b>SELF-MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>Managing one's emotions</li> </ul> <p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>Communicating effectively</li> <li>Resolving conflicts constructively</li> </ul>
Accepting "No"	<b>Was I Too Pushy?</b>	Zoom-In	<p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>Anticipating and evaluating the consequences of one's actions</li> </ul> <p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>Considering others' perspectives</li> </ul>
Accepting "No"	<b>Asking for Permission</b>	Zoom-In	<p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>Anticipating and evaluating the consequences of one's actions</li> </ul> <p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>Considering others' perspectives</li> <li>Showing empathy and compassion</li> </ul> <p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>Developing positive relationships</li> </ul>
Accepting "No"	<b>Ask Why</b>	Zoom-In	<p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>Taking others' perspectives</li> </ul> <p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>Identifying solutions for personal and social problems</li> </ul>
Accepting "No"	<b>How to Accept Criticism</b>	Zoom-Out	<p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>Communicating effectively</li> </ul>
Adapting to Change	<b>New Teacher, New Rules</b>	Webseries	<p><b>SELF-MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>Managing one's emotions</li> <li>Exhibiting self-discipline and self-motivation</li> </ul>
Adapting to Change	<b>Partner Problem</b>	Zoom-In	<p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>Identifying solutions for personal and social problems</li> </ul>
Adapting to Change	<b>Making New Friends</b>	Zoom-In	<p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>Developing positive relationships</li> </ul> <p><b>SELF-MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>Showing the courage to take initiative</li> </ul>

THEME	VIDEOS	VIDEO TYPE	COMPETENCIES AND STANDARDS TARGETED
Adapting to Change	<b>Separation Heartache</b>	Zoom-In	<p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>• Understanding and expressing gratitude</li> <li>• Showing empathy and compassion</li> </ul> <p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>• Communicating effectively</li> <li>• Seeking or offering support and help when needed</li> </ul>
Adapting to Change	<b>How to Start a Conversation</b>	Zoom-Out	<p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>• Developing positive relationships</li> <li>• Communicating effectively</li> </ul>
Bullying	<b>Stand Up to Bullying</b>	Webseries	<p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>• Examining prejudices and biases</li> </ul> <p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>• Showing empathy and compassion</li> <li>• Identifying diverse social norms, including unjust ones</li> </ul> <p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>• Identifying solutions for personal and social problems</li> <li>• Reflecting on one's role to promote personal, family, and community well-being</li> </ul>
Bullying	<b>Am I Being Bullied?</b>	Zoom-In	<p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>• Communicating effectively</li> <li>• Resolving conflicts constructively</li> </ul> <p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>• Identifying diverse social norms, including unjust ones</li> </ul>
Bullying	<b>See Something? Say Something.</b>	Zoom-In	<p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>• Identifying diverse social norms, including unjust ones</li> </ul> <p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>• Identifying solutions for personal and social problems</li> <li>• Reflecting on one's role to promote personal, family, and community well-being</li> </ul> <p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>• Standing up for the rights of others</li> </ul>
Bullying	<b>Just Joking</b>	Zoom-In	<p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>• Anticipating and evaluating the consequences of one's actions</li> </ul> <p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>• Showing empathy and compassion</li> </ul> <p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>• Developing positive relationships</li> </ul>
Bullying	<b>How to Apologize</b>	Zoom-Out	<p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>• Anticipating and evaluating the consequences of one's actions</li> </ul> <p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>• Communicating effectively</li> </ul>

THEME	VIDEOS	VIDEO TYPE	COMPETENCIES AND STANDARDS TARGETED
★ Assertiveness	<b>The Bracelet</b>	Webseries	<p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>• Communicating effectively</li> <li>• Developing positive relationships</li> </ul> <p><b>SELF-MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>• Managing one's emotions</li> <li>• Showing leadership in groups</li> </ul> <p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>• Linking feelings, values, and thoughts</li> <li>• Demonstrating honesty and integrity</li> </ul>
★ Assertiveness	<b>Auguy</b>	Zoom-In	<p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>• Showing empathy and compassion</li> <li>• Identifying diverse social norms, including unjust ones</li> </ul> <p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>• Communicating effectively</li> <li>• Developing positive relationships</li> </ul>
★ Assertiveness	<b>Trapped</b>	Zoom-In	<p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>• Showing empathy and compassion</li> <li>• Identifying diverse social norms, including unjust ones</li> </ul> <p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>• Integrating personal and social identities</li> <li>• Linking feelings, values, and thoughts</li> </ul>
★ Assertiveness	<b>The Buzzmobile</b>	Zoom-Act	<p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>• Resisting negative social pressure</li> <li>• Communicating effectively</li> </ul> <p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>• Identifying solutions for personal and social problems</li> </ul>
★ Responsibility	<b>Hocus Responsabilitus</b>	Webseries	<p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>• Identifying solutions for personal and social problems</li> <li>• Learning to make a reasoned judgment after analyzing information, data, and facts</li> </ul>
★ Responsibility	<b>The Mission</b>	Zoom-In	<p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>• Identifying solutions for personal and social problems</li> <li>• Anticipating and evaluating the consequences of one's actions</li> </ul> <p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>• Practicing teamwork and collaborative problem-solving</li> <li>• Communicating effectively</li> </ul>
★ Responsibility	<b>The Missing Link</b>	Zoom-In	<p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>• Communicating effectively</li> <li>• Developing positive relationships</li> </ul> <p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>• Identifying solutions for personal and social problems</li> <li>• Anticipating and evaluating the consequences of one's actions</li> </ul>
★ Responsibility	<b>Let's Roll</b>	Zoom-Act	<p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>• Identifying solutions for personal and social problems</li> <li>• Learning to make a reasoned judgment after analyzing information, data, and facts</li> </ul>

THEME	VIDEOS	VIDEO TYPE	COMPETENCIES AND STANDARDS TARGETED
★ Anxiety	<b>The Puppet Show</b>	Webseries	<p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Identifying one's emotions</li> <li>Linking feelings, values, and thoughts</li> </ul> <p><b>SELF-MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>Managing one's emotions</li> <li>Identifying and using stress-management strategies</li> </ul>
★ Anxiety	<b>Let's Dance!</b>	Zoom-In	<p><b>SELF-MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>Managing one's emotions</li> <li>Identifying and using stress-management strategies</li> </ul> <p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>Showing empathy and compassion</li> <li>Showing concern for the feelings of others</li> </ul> <p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>Seeking or offering support and help when needed</li> <li>Developing positive relationships</li> </ul>
★ Anxiety	<b>The Hand</b>	Zoom-In	<p><b>SELF-MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>Managing one's emotions</li> <li>Identifying and using stress-management strategies</li> </ul> <p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>Showing empathy and compassion</li> <li>Showing concern for the feelings of others</li> </ul>
★ Anxiety	<b>The Bug</b>	Zoom-Act	<p><b>SELF-MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>Managing one's emotions</li> <li>Identifying and using stress-management strategies</li> </ul> <p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>Showing empathy and compassion</li> <li>Showing concern for the feelings of others</li> </ul>
★ Social Media	<b>Social Trial</b>	Webseries	<p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Identifying one's emotions</li> <li>Integrating personal and social identities</li> </ul> <p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>Showing empathy and compassion</li> <li>Understanding and expressing gratitude</li> </ul> <p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>Identifying solutions for personal and social problems</li> <li>Learning to make a reasoned judgment after analyzing information, data, and facts</li> </ul>
★ Social Media	<b>The Duel</b>	Zoom-In	<p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>Identifying solutions for personal and social problems</li> <li>Anticipating and evaluating the consequences of one's actions</li> </ul> <p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Identifying one's emotions</li> <li>Linking feelings, values, and thoughts</li> </ul>
★ Social Media	<b>Viral Virus</b>	Zoom-In	<p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>Showing empathy and compassion</li> <li>Recognizing strengths in others</li> </ul> <p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Identifying personal, cultural, and linguistic assets</li> <li>Integrating personal and social identities</li> </ul>

THEME	VIDEOS	VIDEO TYPE	COMPETENCIES AND STANDARDS TARGETED
★ Social Media	<b>The No-Challenge Challenge</b>	Zoom-Act	<p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Experiencing self-efficacy</li> <li>Integrating personal and social identities</li> </ul> <p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>Identifying solutions for personal and social problems</li> <li>Anticipating and evaluating the consequences of one's actions</li> </ul>
★ Cliques & Gossip	<b>Game On!</b>	Webseries	<p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Identifying one's emotions</li> <li>Integrating personal and social identities</li> </ul> <p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>Identifying solutions for personal and social problems</li> <li>Anticipating and evaluating the consequences of one's actions</li> </ul> <p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>Resisting negative social pressure</li> <li>Developing positive relationships</li> </ul>
★ Cliques & Gossip	<b>Rock, Paper, Rumor</b>	Zoom-In	<p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>Identifying solutions for personal and social problems</li> <li>Anticipating and evaluating the consequences of one's actions</li> </ul> <p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>Showing empathy and compassion</li> <li>Recognizing strengths in others</li> </ul>
★ Cliques & Gossip	<b>Piece of Cake</b>	Zoom-In	<p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Examining prejudices and biases</li> <li>Linking feelings, values, and thoughts</li> </ul> <p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>Identifying solutions for personal and social problems</li> <li>Learning to make a reasoned judgment after analyzing information, data, and facts</li> </ul>
★ Cliques & Gossip	<b>Orange Belts</b>	Zoom-Act	<p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>Identifying solutions for personal and social problems</li> <li>Recognizing how critical thinking skills are useful both inside &amp; outside of school</li> </ul> <p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>Identifying diverse social norms, including unjust ones</li> <li>Recognizing strengths in others</li> </ul> <p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Examining prejudices and biases</li> <li>Integrating personal and social identities</li> </ul>
★ Self-Esteem	<b>Leaf No One Behind</b>	Mini-Zoom	<p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Identifying personal, cultural, and linguistic assets</li> <li>Identifying one's emotions</li> </ul> <p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>Recognizing strengths in others</li> </ul>
★ Impulse Control	<b>Oopsy Artsy</b>	Mini-Zoom	<p><b>SELF-MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>Managing one's emotions</li> <li>Exhibiting self-discipline and self-motivation</li> </ul>



THEME	VIDEOS	VIDEO TYPE	COMPETENCIES AND STANDARDS TARGETED
★ Anxiety	<b>The Farm</b>	Mini-Zoom	<p><b>SELF-MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>Identifying and using stress-management strategies</li> <li>Managing one's emotions</li> </ul> <p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>Showing empathy and compassion</li> <li>Showing concern for the feelings of others</li> </ul>
★ Empathy	<b>The Star</b>	Mini-Zoom	<p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>Showing empathy and compassion</li> <li>Showing concern for the feelings of others</li> </ul>
Sharing	<b>A Compass to Share</b>	Mini-Zoom	<p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>Resolving conflicts constructively</li> <li>Communicating effectively</li> </ul> <p><b>SELF-MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>Managing one's emotions</li> </ul> <p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Identifying one's emotions</li> </ul>
Conflict	<b>One Comment Over the Limit</b>	Mini-Zoom	<p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Identifying one's emotions</li> </ul> <p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>Resolving conflicts constructively</li> <li>Communicating effectively</li> </ul> <p><b>SELF-MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>Managing one's emotions</li> </ul>
Respect	<b>Splish, Splash, Oops!</b>	Mini-Zoom	<p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>Resolving conflicts constructively</li> <li>Communicating effectively</li> </ul> <p><b>SELF-MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>Managing one's emotions</li> <li>Exhibiting self-discipline and self-motivation</li> </ul> <p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Identifying one's emotions</li> </ul>
Friendship	<b>The Friendship Castle</b>	Mini-Zoom	<p><b>SOCIAL AWARENESS</b></p> <ul style="list-style-type: none"> <li>Showing empathy and compassion</li> <li>Showing concern for the feelings of others</li> </ul> <p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>Developing positive relationships</li> <li>Communicating effectively</li> </ul> <p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Identifying one's emotions</li> </ul>
Accepting "No"	<b>Draw or Nothing!</b>	Mini-Zoom	<p><b>SELF-MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>Managing one's emotions</li> </ul> <p><b>RELATIONSHIP SKILLS</b></p> <ul style="list-style-type: none"> <li>Seeking or offering support and help when needed</li> <li>Communicating effectively</li> </ul> <p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Identifying one's emotions</li> </ul>

THEME	VIDEOS	VIDEO TYPE	COMPETENCIES AND STANDARDS TARGETED	
Zen Zone	<b>Morning Routine</b>	Zen Zone	<p><b>SELF-MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>Managing one's emotions</li> <li>Setting personal and collective goals</li> </ul> <p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Having a growth mindset</li> </ul>	 
Zen Zone	<b>After Lunch Routine</b>	Zen Zone	<p><b>SELF-MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>Managing one's emotions</li> <li>Identifying and using stress-management strategies</li> </ul> <p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Identifying one's emotions</li> </ul>	 
Zen Zone	<b>Coming Home Routine</b>	Zen Zone	<p><b>SELF-MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>Identifying and using stress-management strategies</li> <li>Setting personal and collective goals</li> </ul>	
Zen Zone	<b>Bedtime Routine</b>	Zen-Zone	<p><b>SELF-MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>Managing one's emotions</li> <li>Identifying and using stress-management strategies</li> </ul>	
Zen Zone	<b>Managing Anxiety</b>	Zen Zone	<p><b>SELF-MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>Managing one's emotions</li> <li>Identifying and using stress-management strategies</li> </ul>	
Zen Zone	<b>The Mountain</b>	Zen Zone	<p><b>SELF-MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>Managing one's emotions</li> <li>Identifying and using stress-management strategies</li> </ul>	
Zen Zone	<b>Sit Still</b>	Zen Zone	<p><b>SELF-MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>Exhibiting self-discipline and self-motivation</li> <li>Identifying and using stress-management strategies</li> </ul>	
Zen Zone	<b>Happy Place</b>	Zen Zone	<p><b>SELF-MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>Identifying and using stress-management strategies</li> </ul>	
Zen Zone	<b>The Weather Inside</b>	Zen Zone	<p><b>SELF-AWARENESS</b></p> <ul style="list-style-type: none"> <li>Identifying one's emotions</li> <li>Linking feelings, values, and thoughts</li> </ul>	
Zen Zone	<b>The Right Foot</b>	Zen Zone	<p><b>RESPONSIBLE DECISION-MAKING</b></p> <ul style="list-style-type: none"> <li>Reflecting on one's role in promoting personal, family, and community well-being</li> </ul> <p><b>SELF-MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>Managing one's emotions</li> </ul>	 
Zen Zone	<b>Z-Ray</b>	Zen Zone	<p><b>SELF-MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>Managing one's emotions</li> <li>Identifying and using stress-management strategies</li> </ul>	