

# Charlotte-Mecklenburg Schools

## Self Awareness



- Classroom and Advisory Videos
- Discussion Questions
- Self-Reflection Questions
- Lesson Plans

Experts with the Collaborative for Academic, Social and Emotional Learning (CASEL) confirm that social and emotional learning (SEL) is essential to the school and life success of all children. Why? Our emotions and relationships affect how and what we learn. Emotions can enable us to generate an active interest and sustain our engagement in learning. On the other hand, unmanaged stress and poor regulation of impulses interfere with attention and memory and contribute to behaviors disruptive to learning. Studies confirm SEL benefits including reductions in child aggression, substance abuse, delinquency, and violence; lower levels of depression and anxiety; and increased grades, attendance, and performance in core academic subjects.

This guide provides a suggested order for putting **Connect with Kids** social and emotional learning video resources, along with discussion questions and activities, to work in the elementary school classroom. Business experts call it “see-feel-change,” fueling action by sparking emotion. Connect with Kids calls it **educating the heart**: using the power of storytelling and peer-to-peer connections to create heart-felt associations. Research shows that children and adults who emotionally connect with an experience are more likely to make life-long behavioral change than those who just receive information about that experience. Students realize that they are not alone in their feelings and learn to trust their teachers, classmates and themselves as they navigate social and emotional challenges that naturally occur in the elementary school years.

Search for the program title to find video and print resources, which all stream 24/7 via your Connect with Kids WebSource website subscription or custom school website.

### Questions?

Please contact Connect with Kids Client Support at [888.598.KIDS \(5437\)](tel:888.598.KIDS) or email [info@cwknetwork.com](mailto:info@cwknetwork.com).

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Title	SEL Notes	Documentary Story Description
<a href="#"><u>Power of Expectations (Parts 1-5)</u></a>	Setting achievable goals begins with recognizing our strengths and weaknesses. Sometimes we need support from parents, teachers, peers, coaches, etc., in order to learn we are capable of making and reaching our goals. In the end, expectations are self-fulfilling and the ones students set for themselves matter the most.	Students, requesting help and sticking with it can make the difference between academic success and failure.
Video Short <a href="#"><u>Does Penmanship Matter</u></a>	Students need to be aware of their strengths and weaknesses when it comes to hand-writing vs. typing written responses in school. Even though schools don't require handwritten responses as often, it is still important for students to understand that their penmanship and their signatures do matter.	Ashley Martin's loyalty and dedication helped her to win her teammates' respect.
<a href="#"><u>Lost and Found (Parts 1-5)</u></a>	It's important to be able to recognize and express emotions during difficult times of loss. From there, one can begin to develop skills to help with the pain of grief and loss.	Sarah Gaspari and Gema Villacis have a unique friendship based on respect. Gema cannot hear or speak, so Sarah has learned sign language.

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<p>Video Short <a href="#"><u>Feeling SAD? Seasonal Affective Disorder</u></a></p>	<p>It is important to recognize and understand how the seasons and different weather can affect emotions, and to understand how emotions and thoughts influence behavior.</p>	<p>According to the American Psychiatric Association, 10 to 20 percent of people have some form of seasonal affective disorder, or SAD. "It can just appear out of the blue. It really is a matter of what's going on in the brain with some of neuro-chemicals," says Patrice Harris, M.D., psychiatrist. Learn more about symptoms and treatment options during the long winter months.</p>
<p>Single Topic Videos <a href="#"><u>Courage</u></a></p>	<p>Being brave and confident comes from being able to recognize personal emotions and thoughts.</p>	<p>David Mullinax showed courage when he helped his bullies cope with their own personal problems.</p>