

# Charlotte-Mecklenburg Schools

## Relationship Skills



- 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
Video Short <a href="#">Asking for Help</a>	In difficult situations, it is important to know who and when to ask for help.	Students, requesting help and sticking with it can make the difference between academic success and failure.
Single Topic Videos <b>Character &amp; Life Skills</b> <a href="#">Loyalty</a>	Being loyal means being supportive to someone or something. It requires people work together to solve conflicts, collaborate, and develop strong, healthy relationships.	Ashley Martin's loyalty and dedication helped her to win her teammates' respect.
Single Topic Videos <b>Character &amp; Life Skills</b> <a href="#">Respect</a>	To build strong relationships, we need to understand how to respect others. In order to communicate effectively, cooperate, and solve conflicts, people need to be respectful of other's thoughts and views.	Sarah Gaspari and Gema Villacis have a unique friendship based on respect. Gema cannot hear or speak, so Sarah has learned sign language.