

Charlotte-Mecklenburg Schools

Self Management



- 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.

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Title	SEL Notes	Documentary Story Description
<u>Baby Bullies (Parts 1-5)</u>	<p>Controlling emotions is essential when working to prevent bullying at any age. It is also important to understand various approaches to standing up to a bully without being angry, violent, or upset. Victims and/or bystanders must have courage, be assertive, and know their words, actions, and behaviors have an effect on bullies.</p>	<p>Bullying tendencies can begin as early as two years old. Terrible feelings from being bullied can start as early as three years old.</p>
<u>Against All Odds (Parts 1-5)</u>	<p>When dealt a heavy hand, it is important to recognize that adversity can be overcome with motivation, perseverance, and setting attainable, personal goals.</p>	<p>Why do some children succeed while others fail? Resiliency can make the difference: The ability to bounce back from frustrations and recover from setbacks. We can teach resiliency skills to children. Watch AGAINST ALL ODDS and get an inside glimpse into the lives of children who are reaching their personal dreams and goals despite challenges such as poverty, drugs, crime, family problems, cultural differences and more.</p>
<p>Video Short <u>Learning Good Habits Early</u></p>	<p>Learning self-control, self-regulation, and how to set and follow routines at an early age will lead children to success in academic and social settings.</p>	<p>Three children share their big dreams and how they are learning early in their school career how to make them come true</p>
<p>Video Short <u>Multi-tasking vs. Multi-distracting</u></p>	<p>Habits of self-control and being able to regulate one's behaviors are necessary to efficiently complete a task. Being able to resist impulses and avoid distractions helps focus on the task at hand.</p>	<p>Does multi-tasking really work, or are young people fooling themselves?</p>

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<p>Video Short <u>Screen Time....Too Much?</u></p>	<p>By spending the majority of their time in front of a screen, kids aren't preparing themselves to be successful, intelligent people or learning how to have meaningful relationships. It is important to exercise self-control and discipline when determining how much time to spend in front of a screen.</p>	<p>If you add the time some kids spend in front of TV's, computers, cell phones, video games it's more hours than anything else in their lives except sleep! And that begs the question: if they spend so much time plugged in, what are they missing out on?</p>
<p><u>The Biggest Generation (Parts 1-5)</u></p>	<p>Combining good eating habits such as portion control, smart food choices, and knowledge about ingredients with daily exercise helps students with a healthy lifestyle.</p>	<p>Today more kids are overweight than ever before. This is America's "biggest" generation of kids with a life expectancy that could be shorter than their parents'.</p>
<p>Video Short <u>The Most Important Meal</u></p>	<p>Learning to practice self-control and resisting sugary, fatty foods are good steps for healthy eating and exercise habits.</p>	<p>Nine-year-old Keri Thompson has always heard that breakfast is the most important meal of the day, "I don't know why," she says, "but they say it a lot."</p>
<p>Video Short <u>Exercise Can Improve Grades</u></p>	<p>"The area of the brain that's involved in cognitive learning is the same area that's stimulated by physical activity, so the two seem to work hand in hand." Understanding the connection between the two helps motivate people to exercise every day to reach their goals, persevere, and succeed in school and in life.</p>	<p>In an effort to boost test performance, many schools are taking time away from physical education and using it for more time in class. Let's re-think this, because exercise can actually improve our grades.</p>

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Single Topic Videos Patience	Having self-control and the ability to regulate emotions and thoughts in various situations is important for developing patience.	Lane is learning to play the viola, which takes lots of patience. Sarah is older than Lane, and her patience in practicing the violin shows in her music.
Single Topic Videos Freedom	Freedom is having choices and being able to decide what you want to do, say, or believe within certain guidelines. Freedom requires us to recognize that certain restrictions will always exist and we need to show self-control when expressing ourselves.	Branka and Alexandra Lalovic's family fled to America to escape a war in Sarajevo and to experience more freedom.
Single Topic Videos Self Control	Having self-control requires students and teachers to regulate emotions and behaviors in various situations for positive outcomes.	Students learn to deal with aggravating situations in a calm and friendly manner.
Single Topic Videos Perseverance	Managing stress, resisting impulses, and motivating oneself in order to complete a task or reach a goal is hard work that requires perseverance.	With dedication and hard work, Jeannie Placek persevered to become a successful gymnast.
Single Topic Videos Diligence	Working hard and persevering to complete a difficult task requires diligence.	Carmen Bandea diligently works toward her goal of becoming a world-class tennis player.
Single Topic Videos Peace	Regulating emotions and behaviors and communicating clearly in different situations are important for peaceful resolutions to conflicts.	Sherell and Mariah are best friends. But like any friends, they have arguments. It is then that the girls must choose how to resolve their conflict.