

Meadows Union School District

Elementary School Advisory Guides



Social and Emotional Learning Lesson Guide for the Classroom and Advisory

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 in learning and sustain our engagement in it. 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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Session	Topic	Program Title	Description
1.	Character and Life Skills	Generosity	Monique Swinger devotes her time and commitment to mentoring community youth.
2.	Character and Life Skills	Perseverance	With dedication and hard work, Jeannie Placek persevered to become a successful gymnast.
3.	Character and Life Skills	Honor	Nader Parman was seven when he died in an accident. Kids at Nadar's school found several ways to honor their friend's memory, including a "fun run."
4.	Character and Life Skills	Responsibility	Ricky Stocks, Dane Scherbarth and Melanie Hoffman learned to stay safe by being responsible.
5.	Character and Life Skills	Fairness	Hunter Scott and Shaina Mangum work hard to succeed despite the unfair physical challenges they face.
6.	Character and Life Skills	Diligence	Carmen Bandea diligently works toward her goal of becoming a world-class tennis player.
7.	Character and Life Skills	Trustworthiness	Best friends Meredith and Molly, along with Rene Cowan, have learned the value of trust in a friendship.
8.	Character and Life Skills	Cooperation	Students learn how cooperation on stage and behind the scenes is critical to a play's successful run.

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9.	Character and Life Skills	Citizenship	These friends found a unique way to be citizens who give something back to their community – they are donating their hair to Locks of Love.
10.	Character and Life Skills	Caring	The caring nature of family and new friends helped Hallie and Elena Ricardo cope when their family moved to another state.
11.	Attendance and Achievement	Learning Good Habits Early	Students discuss their dreams and how staying in school will help them achieve their goals.
12.	Attendance and Achievement	Keeping Up When You Are Absent	Elementary, middle and high school students talk about the importance of keeping up with assignments and never giving up, even if you are absent.
13.	Bullying and Violence Prevention	Baby Bullies Part 1	Bullying tendencies can begin as early as two years old. Terrible feelings from being bullied can start as early as three years old.
14.	Bullying and Violence Prevention	Baby Bullies Part 2	Playground bullying can be hard to spot. Nine-year-old Brianna says she has been a victim to bullying for as long as she has been in school.
15.	Bullying and Violence Prevention	Baby Bullies Part 3	Norma has been a bully since preschool. When asked why she bullies, she wouldn't answer.
16.	Bullying and Violence Prevention	Baby Bullies Part 4	The number one reason for kids becoming bullies is not because they are bad or mentally ill. Kids see that intimidation works.

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17.	Bullying and Violence Prevention	Baby Bullies Part 5	Tucker and Matthew have created a pact to look out for one another on the playground. A buddy system at recess to keep away bullies.
18.	Bullying and Violence Prevention	Courage	David Mullinax showed courage when he helped his bullies cope with their own personal problems.
19.	Health and Wellness	The Biggest Generation Part 1	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.
20.	Health and Wellness	The Biggest Generation Part 2	Schools must play a role in working to decrease childhood obesity. A nutritional planner, exercise at school, bringing back Physical Education, and promoting healthy eating are four tips that schools can use to fight childhood obesity.
21.	Health and Wellness	The Biggest Generation Part 3	Teaching kids to love exercise, modeling the importance of exercise, and incorporating healthy foods into your child's diet are ways for parents to help stop childhood obesity.
22.	Health and Wellness	The Biggest Generation Part 4	Kids can enforce positive peer pressure on their friends to be healthy and can fight to change what food is offered in their schools.
23.	Health and Wellness	The Biggest Generation Part 5	A violent argument at a basketball game reminds Colt Barron that both children and adults can teach others to be courteous by modeling courteous behavior themselves.

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Session	Topic	Program Title	Description
24.	Health and Wellness	Exercise Can Improve Grades	Kids have to be taught that all the little choices count. A smaller serving size can make all the difference.
25.	Digital Citizenship	New Material Being Designed!	This description is forthcoming.
26.	Digital Citizenship	New Material Being Designed!	This description is forthcoming.
27.	Digital Citizenship	New Material Being Designed!	This description is forthcoming.
28.	Digital Citizenship	New Material Being Designed!	This description is forthcoming.
29.	Digital Citizenship	New Material Being Designed!	This description is forthcoming.
30.	Drug and Alcohol Prevention	New Material Being Designed!	Red Ribbon Week Suitable Stand-alone Lessons
31.	Drug and Alcohol Prevention	New Material Being Designed!	Red Ribbon Week Suitable Stand-alone Lessons
32.	Drug and Alcohol Prevention	New Material Being Designed!	Red Ribbon Week Suitable Stand-alone Lessons
33.	Drug and Alcohol Prevention	New Material Being Designed!	Red Ribbon Week Suitable Stand-alone Lessons
34.	Drug and Alcohol Prevention	New Material Being Designed!	Red Ribbon Week Suitable Stand-alone Lessons

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Session	Topic	Program Title	Description
35.	Character and Life Skills	Peace	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.
36.	Character and Life Skills	Courtesy	A violent argument at a basketball game reminds Colt Barron that both children and adults can teach others to be courteous by modeling courteous behavior themselves.
37.	Character and Life Skills	Helpfulness	Krystal Williams models helpfulness for her campers on a daily basis.
38.	Bullying Prevention	Silent Witness Part 1	Kids talk about their experience on bullying, whether they are the bully, the victim, or the witness to bullying.
39.	Bullying Prevention	Silent Witness Part 2	Kyle Finn shares his experience of being bullied in school and how it hurt when his friends watched but did nothing to stop it.
40.	Bullying Prevention	Silent Witness Part 3	Stanzi Sanders was bullied and teased in school. While she was being bullied, other kids and even friends didn't do anything but watch.
41.	Bullying Prevention	Silent Witness Part 4	Sometimes it does require a parent to step in and talk to their kid's school about how to change the bullying climate in the school.
42.	Bullying Prevention	Silent Witness Part 5	Students discuss different ways in which they can make a change to the bullying problems at their school.