



Child's name:

Login code:

Date:

Dear parent(s),

These are the modeling videos your child has recently watched in class.

THEME: BULLYING

✓	Type of video	Activity title	Objective
	<i>Webseries</i>	Stand Up to Bullying	In this engaging webseries students compare, contrast, and analyze the effectiveness of various strategies that Emma uses to resolve a bullying conflict she's facing at school.
	ZOOM-IN!	Am I Being Bullied?	In this relatable mini-lesson, students observe how Emma reflects and communicates to get through a situation where she is unsure of Lucas's intentions.
	ZOOM-IN!	See Something, Say Something	In this helpful mini-lesson, students watch Daniel analyze the consequences of his actions after he sees his friend act like a bully.
	ZOOM-IN!	Just Joking	In this complex mini-lesson, students observe how Emma looks back on a situation using an empathetic lens after realizing how hurt Daniel was by one of her jokes.
	ZOOM-out	How to Apologize	In this relatable mini-lesson, students learn five steps to saying you're sorry to others and are prompted to memorize and recall the most effective order in which to apply them.

WANT TO KEEP LEARNING WITH MOOZOOM AT HOME?

1. Go to moozoomapp.com> 2. Click **Log in**> 3. **Click Student** and enter your child's **login code**

*If your child uses **Clever** or **Google Classroom** to access moozoom, please **use those credentials to login**

MAD	Fighting	Taking it out on someone else	BEST CHOICE Talking about how you feel
TERRIFIED	Running away	BEST CHOICE Getting help	Hiding your fear

HOW CAN YOU HELP YOUR CHILD IF THEY'VE BEEN BULLIED?

- Reassure your child: thank them for confiding in you and reassure them that it is the responsibility of the adults at school and at home to protect them. Talk to them about what you are going to do to make sure the bullying ends.
- Normalize their emotions: it's normal for your child to feel scared, anxious, sad, guilty or angry about being bullied. Listen to how they feel.
- Help them manage their emotions: suggest ways for them to externalize their anger, sadness or anxiety. For example, you could suggest that they keep a feelings diary, talk to you or to someone else about how they feel, get creative and draw or paint, do something relaxing like meditation or yoga, play a sport, etc.
- Work with the school to develop strategies to stamp out bullying and protect your child: share your expectations with the school.
- Help your child increase their self-esteem: bullying can significantly impact a child's self-esteem. It's important that your child experiences success in the things they enjoy doing. Celebrate their qualities and achievements. Give them meaningful tasks to accomplish. Tell them why you appreciate them.
- Consult a professional if your child is in distress or can't function normally: if, despite your support, your child seems unable to overcome this situation, if they are crying every day, seem depressed, can't function normally at school or at home, lose their desire to live or use language that worries you, consult your doctor or a psychologist.

By continuing your child's social and emotional learning with moozoom at home, you'll be able to see their progress and significantly contribute to integrating SEL into their daily lives.

Here to support you!

Your student's well-being friend at moozoom.