

Child's name:

Login code:

Date:

Dear parent(s),

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

THEME: FEAR OF BEING JUDGED

✓	Type of video	Activity title	Objective
	<i>Webseries</i>	Don't be Afraid to Speak Up	In this engaging webseries students compare, contrast, and analyze the effectiveness of various strategies Daniel uses to speak up when he's afraid his friends will judge him.
	ZOOM-IN!	What if They Make Fun of Me?	In this relatable mini-lesson, students observe Layla as she works through feeling self-conscious and being judged before jumping rope with her friends Emma and Sam.
	ZOOM-IN!	That's for Everyone!	In this inclusive mini-lesson, students watch Lucas make the decision to respectfully defend his choice to try out for a sport that his friend is making judgemental comments about.
	ZOOM-IN!	Let's be Friends	In this heartfelt mini-lesson, students observe Emma working through her fear of being judged by respectfully and empathetically expressing her feelings to Sam.
	ZOOM-out	How to Stand Up for Yourself	In this fun mini-lesson, students learn four steps involved with sticking up for yourself 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**

EMBARRASSED	Lying	BEST CHOICE Telling the Truth	Avoiding Saying Anything
AFRAID OF BEING REJECTED	Giving in	Running Away	BEST CHOICE Standing up for Yourself

HELPING YOUR CHILD STAND UP FOR THEMSELVES

Step 1: Encourage your child to proudly display their tastes and opinions.

Step 2: Tell your child that they don't have to say yes to everything their friends suggest. They can politely say no and explain why they don't want to do it. They could even suggest a compromise. Remind them that if their peer insists by blackmailing them, they should stay firm and stand up for themselves or simply walk away.

Step 3: Encourage your child to stand up for themselves by looking their peer in the eyes. Remind your child to use sentences with "I" and "me," to use a confident, calm voice, and not to accuse their friend. By doing so, your child will be able to express their point of view while respecting their friend's.

Step 4: Remind your child that positive affirmation can make social interactions easier, help them communicate with people respectfully, reduce conflicts, and increase their sense of self-esteem.

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.