



Child's name:

Login code:

Date:

Dear parent(s),

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

THEME: HEALTHY RELATIONSHIPS



Identify how to identify tools and strategies for handling conflict. Learn how to stay calm and control your emotions so you can explain yourself clearly and resolve the conflict.

✓	Type of video	Activity title	Objective
	<i>Webseries</i>	International Dirty Shirt Day	Manage your emotions the right way during a conflict so you can listen to the other person and communicate respectfully.
	ZOOM-IN!	Study Buddy	Set and identify your limits in order to respect yourself and improve your self-confidence and relationships with others.
	ZOOM-IN!	F for Friend	Express gratitude for the beautiful things in your life, or for your small victories, and notice how this makes you feel good and improves your relationships with others.
	ZOOM-ACT	How to Forgive a Friend?	Discover forgiveness as a way to maintain healthy relationships, make yourself feel better, and overcome the emotions you may feel in a bad situation (anger, sadness, desire for revenge).

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**

 ANGER	Breathe	Express Your Feelings
 DISGUST	Listen and Communicate	Show Empathy

HOW TO HELP YOUR CHILD FORGIVE A FRIEND

- Step 1:** Encourage your child to express how they feel.
- Step 2:** Help your child find the right time to talk to their friend.
- Step 3:** Encourage your child to explain how they feel using "I" statements.
- Step 4:** Tell your child to listen to the other person without interrupting.
- Step 5:** Remind your child that everyone makes mistakes.

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.