

Child's name:

Login code:

Date:

Dear parent(s),

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

**THEME: REJECTION**

✓	Type of video	Activity title	Objective
	<i>Webseries</i>	A Big Misunderstanding	React appropriately to rejection by taking deep breaths to calm yourself down. Explain the emotion you're feeling to the right people so they can understand the situation.
	<b>ZOOM-IN!</b>	Sharing Friends	Identify and name your feelings when your friend doesn't want to play with you. It's not easy, but with the right words, you can build strong friendships.
	<b>ZOOM-IN!</b>	My Way	Understand that friends can have different ideas, and that always making your friends go along with your choices might annoy or upset them. Talking about it lets you name your feelings, understand others better, and keep up good friendships.
	<b>ZOOM-IN!</b>	Best Friends Forever (BFF)	Learn that it's important to share your feelings and to talk things out with people. Remember that it's okay to have more than one good friend.
	<b>ZOOM-out</b>	How to Express Your Feelings	Let the other person know what you're feeling in order to have a healthy relationship. This isn't easy, because you first have to identify the emotion you're feeling and then express it using "I" statements.

**WANT TO KEEP LEARNING WITH MOOZOOM AT HOME?**

1. Go to [moozoomapp.com](http://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**

<b>ANGRY</b>	Get revenge	Act like nothing happened	<b>BEST CHOICE</b> Blow off steam
<b>SAD</b>	Be alone	<b>BEST CHOICE</b> Ask for an explanation	Make new friends

**HELPING YOUR CHILD EXPRESS THEIR EMOTIONS**

**Step 1:** Encourage your child to understand how they feel.

**Step 2:** Suggest your child figure out who is involved and wait for the right time to talk to them.

**Step 3:** Encourage your child to express their emotions using "I" statements.

**Step 4:** Help your child explain why they feel this way and what they would like to happen.

**Step 5:** Remind your child to thank the person for listening.

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.