



Child's name:

Login code:

Date:

Dear parent(s),

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

**THEME: RESILIENCE**



Develop resilience, which can help you overcome an ordeal, face difficulties, or find ways to get out of tough situations. Improve your resilience by identifying and managing your emotions.

✓	Type of video	Activity title	Objective
	<i>Webseries</i>	Tower of Pizza!	Develop the ability to face challenges and move forward with help from people who love you and who have a positive attitude.
	<b>ZOOM-IN!</b>	Last but not Least	Recognize your strengths and challenges. Believe in your ability to adopt a positive attitude and be resilient when faced with an obstacle.
	<b>ZOOM-IN!</b>	Something Special	Identify and understand your emotions in difficult situations, with support from people who will listen to you, empathize with you, and recognize your strengths.
	<b>ZOOM-ACT</b>	How to Deal with Challenging Situations?	Identify and manage your emotions in order to find solutions with help from your resources and the people around you.

**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>DEVASTATION</b>	Expressing Gratitude	Adopting a Positive Attitude
 <b>ANXIETY</b>	Calming Down	Thinking Things Through

**HOW TO HELP YOUR CHILD COPE WITH DIFFICULT SITUATIONS**

- Step 1:** Encourage your child to take the time to feel their emotions.
- Step 2:** Help your child name their emotions by being a good listener.
- Step 3:** Help your child brainstorm tools and strategies for handling the difficult situation.
- Step 4:** Encourage your child to deal with the difficult situation one day at a time.

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.