

Child's name:

Login code:

Date:

Dear parent(s),

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

**THEME: SELF-ESTEEM**

✓	Type of video	Activity title	Objective
	<i>Webseries</i>	Ace Your Self-Esteem	In this engaging webseries students compare, contrast, and analyze the effectiveness of various strategies for managing moments of low self-esteem. Students watch Emma put these strategies into action.
	<b>ZOOM-IN!</b>	What Do You Think?	In this relatable mini-lesson, students observe how Lela practices positive self-talk to boost her own self-esteem during a confusing interaction with Sam.
	<b>ZOOM-IN!</b>	Speak Up!	In this relatable mini-lesson, students observe how Lucas overcomes feeling invisible and finds the right time to courageously share his opinion.
	<b>ZOOM-IN!</b>	Try a Little Empathy	In this complex mini-lesson, students will observe as Lucas moves past judgment of Lela's math struggles and low self-esteem and instead practices perspective-taking and compassionate empathy for her situation.
	<b>ZOOM-out</b>	How to Ask for Something	In this fun mini-lesson, students will learn five steps for making requests of others and will be 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](https://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>ANXIOUS</b>	Worrying	<b>BEST CHOICE</b> Relaxing	Avoiding
	<b>DISCOURAGED</b>	Giving Up	<b>BEST CHOICE</b> Cheering Yourself Up	Asking for Help

**HELPING YOUR CHILD ASK FOR SOMETHING**

- Step 1:** Accept your child as they are regardless of their strengths or weaknesses. Have realistic expectations for their age and ability.
- Step 2:** Get involved in their activities and provide support through a warm, loving presence, encouragement, and positive comments.
- Step 3:** Help your child feel safe with a steady routine and clear rules. Help them develop a sense of identity by providing feedback about their unique personality and character, and help them develop a sense of belonging by telling them how appreciated they are in the family.
- Step 4:** Display a healthy self-esteem yourself and adopt a problem-solving approach when you encounter difficulties. Lead by example by taking care of yourself and being kind and caring towards others.
- Step 5:** Encourage your child to ask for help by clearly identifying what they are struggling with, determining who is best placed to help them, and deciding when they should approach said person to ask for help.

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.