PEDAGOGICAL GUIDE

TABLE OF CONTENTS

Introduction 2

Netflix-Style Movie-Based Modeling 3

Theory of Change 4

Scope and Sequence 4

Program Overview 8

Movie Lessons. 8

Follow-up Activities. 10

Free vs. Paid Version 11

The Implementation Journey 12

Assessment Data 14

Schedule A moozoom index. 15

INTRODUCTION

With an increasing number of multicultural and multilingual schools serving students from many different socio-economic backgrounds with different motivations for engaging in learning, behaving positively, and performing academically, life-skills education provides a foundation for safe and positive learning, and enhances students' ability to succeed in school, careers, and life.

Research has shown that students participating in life-skills education programs demonstrated improved classroom behavior, increased ability to manage stress and depression, and better attitudes about themselves, others, and school (Durlak et al. 2011).

As we slowly recover from Covid-19, there has been a significant increase in the number of U.S. schools that acknowledge the positive impact effective life-skills education could have on their students and community. Their biggest challenge is program implementation.

Most existing programs require considerable investments from districts and schools for training and lesson planning. This affects teachers' ability to deliver engaging life-skills education to students and can lead to pushback from teachers who may consider such lessonsan additional burden to their already heavy workload. Therefore, many of those programs end up not being utilized and students are deprived of strategies to support them as they encounter everyday challenges and situations.

Check out this Pedagogical Guide to learn how moozoom's Netflix-style movie-based modeling program is transforming the space of life-skills education.

NETFLIX-STYLE MOVIE-BASED MODELING

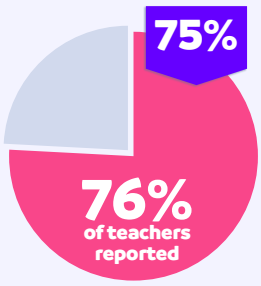
moozoom's **movie-based modeling and ready-to-use** program allows teachers to start teaching life-skills education from day one with "Netflix" quality live-action movie lessons where a variety of socioeconomical/cultural backgrounds are represented. moozoom is a life-skills education platform showing students being students. **Watch moozoom's teaser** here.

moozoom's platform was designed to make life-skills education easy for teachers and highly engaging for students. It requires no training or prep time, and all learning enhancements are embedded in the platform so teachers can deliver the content with ease in one click.

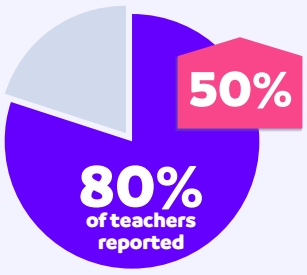
Our most recent case study in a K-8 Title 1 funded school district in Illinois reported that 76% of teachers were able to reduce their lesson planning by using moozoom, and 40% of teachers started teaching life-skills education more than once a week compared to 8% before moozoom.

OUTCOMES AND RESULTS IN A NUTSHELL

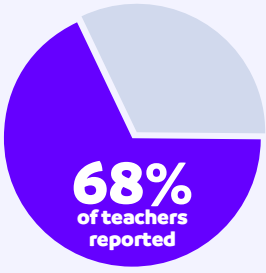
AFTER 60 DAYS USING MOOZOOM:



Being able to reduce their lesson planning by more than 75%



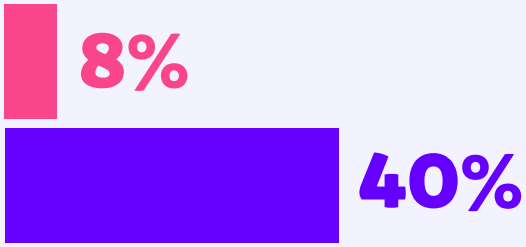
An increase of more than 50% in student engagement



A significant decrease in student conflict

92%

of teachers reported significant improvement in general student behavior



40% of teachers started teaching life-skills education more than once a week (compared to 8% before moozoom)

After 60 days of use, 80% of teachers reported an increase of more than 50% in student engagement during lessons, while 68% of teachers reported a significant decrease in student conflict. **Read the entire case study** here **and watch the case study testimonial** here.

THEORY OF CHANGE

moozoom offers bite-size “choose your own adventure” movies that immerse students in a fictional universe where they can create their own stories and forge meaningful links with their daily challenges. The fully interactive movie-based content provides opportunities for behavior modeling group, discussions, and follow-up activities (at school or at home) designed to reinforce learning and support students in navigating challenges in their everyday life. moozoom’s theory of change and pedagogy is that observing real and relatable behaviors will lead to rapid behavioral change and systemic well-being transformation and school climate improvement. moozoom allows students to observe behaviors in relatable characters and practice life-skills education through classroom discussion, journal activities, quizzes, daily keys to action, and classroom role plays.

Our application supports synchronous, asynchronous, or blended learning instructional delivery models as the school and teachers deem fit. Designed as a Tier 1 intervention model for students, moozoom can also be utilized for Tier 2 and Tier 3 intervention support. This approach provides ample opportunities for students to continue their life-skills education in a small group or one-on-one setting.

When diving into a moozoom adventure, each student learns at their own pace, based on their individual cognitive development. The entire platform was built to empower students to reflect on their own choices by observing other kids’ behavior in real time. There are no right or wrong answers, only different strategies to explore. If a student selects a less desirable choice they receive immediate feedback either from the platform (during the quizzes) or the movie characters. Feedback is adapted per grade.

WARNING: We strongly recommend observing the impact of our content on student engagement and teacher buy-in during a classroom session before deciding whether or not to implement moozoom in your school.

SCOPE AND SEQUENCE

moozoom’s scope and sequence allow schools and teachers to customize their lesson plans by selecting the themes that meet the desired out comes and standards. As a result, students’ life-skills knowledge acquisition and development progress as each theme is completed. Therefore, there is no need for teachers to feel pressure to finish the entire program within the school year. All pedagogical enhancements embedded in our movie lessons or follow-up activities are age appropriate and in compliance with research-based social-emotional competencies frameworks/ACSA standards/Life-Skills Education Standards.

SCOPE AND SEQUENCE Grades 2-5+

Everyday challenge-based movie lessons
Each theme contains 4 weeks of movie lessons

Group activities or individual assignments
Each theme contains various follow-up activities

Step 1
Attention

Step 2
Retention

Step 3
Reproduction

Step 4
Motivation

4 MOVIE LESSONS / THEME
Webseries X 1 → Zoom-In X 2 → Zoom-Out/Zoom-Act X 1

Customizable yearly themes plan

Influence	Healthy Relationships	Rejection
Difference	Resilience	Self-Esteem
Using Good Judgment	Fear of Being Judged	Bullying
Accepting "No"	Adapting to Change	Assertiveness
Cliques & Gossip	Social Media	Anxiety
Responsibility	Respect and Consideration	
Healthy Communication	Growth Mindset	Problem Solving

New themes every school year

Zen Zone video/audio

Teacher Discussion Guide

Quiz

Journal

Jumble Steps

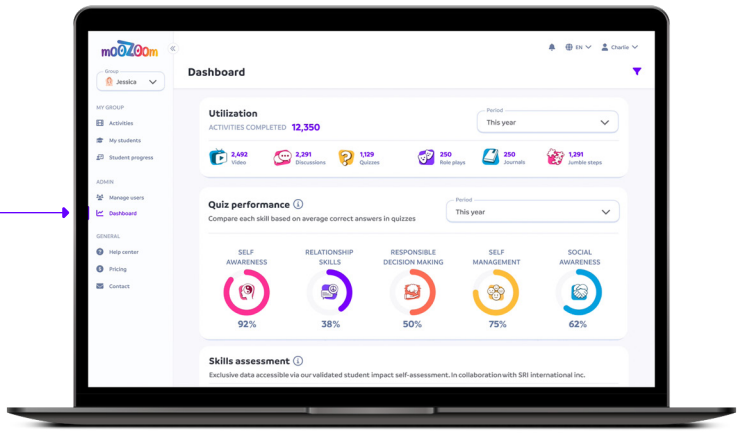
Role Play

Mindfulness activities

Keys to Action

My playlist

Five core competencies



SCOPE AND SEQUENCE PK-1

Everyday challenge-based movie lessons

Group activities or individual assignments
Each theme contains various follow-up activities

Step 1
Attention

Step 2
Retention

Step 3
Reproduction

Step 4
Motivation

Customizable yearly themes plan

- Conflict
- Impulse Control
- Accepting "No"
- Empathy
- Friendship
- Anxiety
- Sharing
- Accepting Difference
- Respect
- Self-Esteem
- Respect and Consideration
- Healthy Communication
- Growth Mindset
- Perseverance
- Gratitude

Emotion games

Emotiometer

Seek & Find

Role Play

Keys to Action

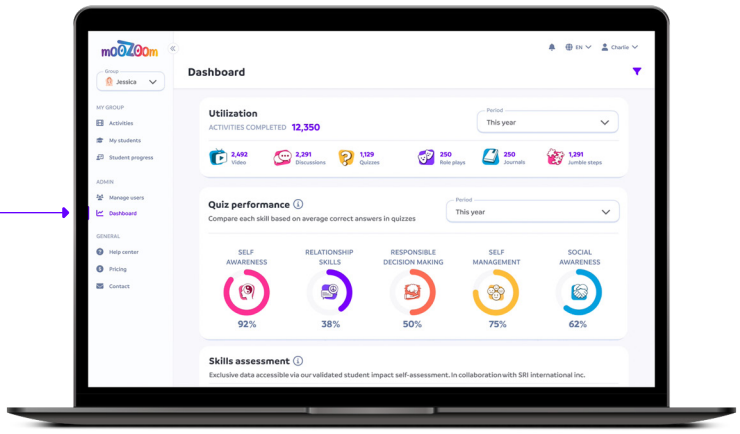
Teacher Discussion Guide

Mindfulness activities

My playlist

Zen Zone video/audio

Five core competencies



SCOPE AND SEQUENCE Grades 6-12 (coming August 2024)

Everyday challenge-based movie lessons
Each theme contains 4 weeks of movie lessons

Group activities or individual assignments
Each theme contains various follow-up activities

Step 1
Attention

Step 2
Retention

Step 3
Reproduction

Step 4
Motivation

4 MOVIE LESSONS / THEME
Webseries Plus X 4

Customizable yearly themes plan

- Healthy Relationships
- Peer Pressure
- Anxiety
- Self-Worth
- Social Media

New themes every school year

Zen Zone video/audio

Teacher Discussion Guide

Quiz

Journal

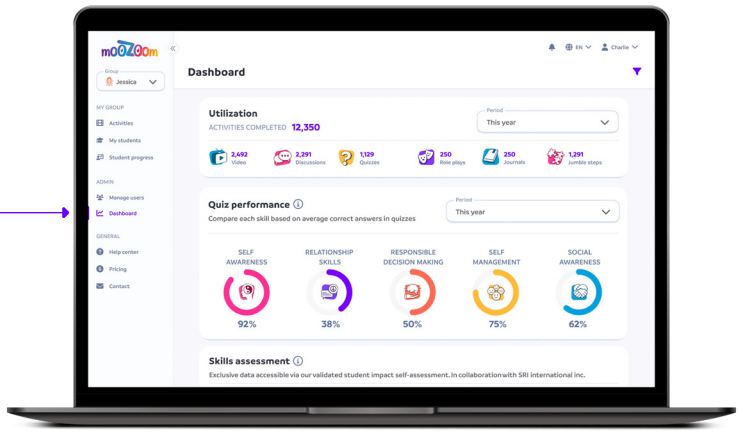
Role Play

Keys to Action

Mindfulness activities

My playlist

Five core competencies



PROGRAM OVERVIEW

moozoom provides a range of **Netflix-style movie based lessons** that allow PK-12 students to dive into real-life scenarios featuring characters of their age and view different options on how to deal with everyday life situations. Not only are our challenge-based theme movies designed for students to relate to situations they face every day, they also allow teachers to deliver life-skills education with little to no lesson planning. Read on to learn more about our different movie formats. **Watch a 5-minute recorded product tour of moozoom's platform here**.

MOVIE LESSONS		
Format	**Grade levels**	**Description**
Webseries 3 seasons available Next season: August 2024 Duration: 10 min x 2 **Webseries Plus** Next season: August 2024 Duration: 7 min x 4	**Elementary** Grades 2-5+ **Middle and High School** Grades 6-12	*Webseries* and *Webseries Plus* movie lessons video lessons present "choose your own adventure" episodes where students are prompted to select emotional and reactionary paths based on the real-life challenge acted out. After viewing all the different paths, students can watch the conclusion and see how the scenario [ideally] plays out. Each *Webseries* lesson comes with a downloadable lesson 'cheat sheet' and follow-up activities that include: ✔ Group activities: • Teacher Discussion Guide ✔ Individual assignments: • Journal • Quiz • Keys to Action
Zoom-Out 1 season available **Zoom-Act** 2 season available Next season: August 2024 Duration: 4-6 min	**Elementary** Grades 2-5+	In *Zoom-Out* or *Zoom-Act* video lessons, characters will act out each of the real-life challenge related sequences required to produce a desirable behavior. Based on an executive functioning development approach, students will learn how to navigate difficult situations by practicing perspective, talking, and reacting appropriately. Each *Zoom-Out* or *Zoom-Act* lesson is accompanied by a downloadable lesson 'cheat sheet' and follow-up activities that include: ✔ Group activities: • Teacher Discussion Guide • Role Play ✔ Individual assignments: • Jumble Steps • Journal • Quiz • Keys to Action

MOVIE LESSONS

Format	Grade levels	Description
Zoom-In 3 seasons available Next season: August 2024 Duration: 2-6 min	**Elementary** Grades 2-5+	*Zoom-In* video lessons present a challenge from each character's point of view. Beginning with Season 2-3, students can choose which mind they want to dive into and then reflect on that character's perspective. Each *Zoom-In* lesson is accompanied by a downloadable lesson 'cheat sheet,' and follow-up activities that include: ✔ Group activities: • Teacher Discussion Guide ✔ Individual assignments: • Journal • Quiz • Keys to Action
Emotion Recognition games	**Early Elementary** PK-1 (Mini-Zoom)	As a prerequisite for *Mini-Zoom's* series, the *Emotion Recognition* section features short, interactive capsules and activities designed to support students in developing emotional vocabulary and practicing emotion regulation. ✔ Individual assignments: • Emotiometer • Seek and find
Mini-Zoom 2 season available Next season: August 2024	**Early Elementary** PK-1 (Mini-zoom)	Developed for younger learners, *Mini-Zoom* is recommended for preschool, transitional kindergarten, kindergarten, and first-grade students. Inspired by our *Zoom-In* format, all content (videos and supplemental materials) were designed and adapted for students at this developmental stage to learn that with each challenge or situation, there are many different points of view. Each *Mini-Zoom* lesson has downloadable visuals. ✔ Group activities: • Teacher Discussion Guide • Role Play
Zen-Zone 2 seasons available	**Elementary** PK-1 (Mini-zoom) Grades 2-5+	*Zen-Zone* (season 2) provides mindfulness videos designed to support student needs during various parts of the school day, including breakfast, transitions, lunch, pack up, and dismissal. All mindfulness videos are also available in an audio-only format. Check out our mindfulness activities for simple relaxation and mindfulness techniques. Use *Zen-Zone's* instrumental playlists to enhance students' mindfulness meditation exercises or as background noise during independent work. *Zen-Zone* (Season 1) provides various mindfulness video exercises where the characters act out each of the movements.

*Find the list of all movie lessons and targeted competencies under Schedule A attached here to.

FOLLOW-UP ACTIVITIES

Format	Grade levels	Description
Emotional Check-In (Pre-assessment activity)	**Elementary** Grades 2-4 Grades 5+ **Middle and High School** Grades 6-8 Grades 9-12	The emotional check-in is an informal pre-assessment that gives students the opportunity to identify their emotions while also providing support to enhance emotional vocabulary. Each time students connect to their moozoom account, they must reflect on how they feel by selecting an avatar that represents their emotional state at the time of connection. This is a wonderful self-regulation exercise and an opportunity to improve emotional vocabulary. Teachers can assess their students' emotional check-in history and will receive a push notification every time a student selects a negative emotion.
Discussion Guides (Group activity)	**Early Elementary** PK-1 (Mini-zoom) **Elementary** Grades 2-4 Grades 5+ **Middle and High School** Grades 6-8 Grades 9-12	Printable classroom discussion guides support group discussion during or after watching a movie lesson. This is a great opportunity to help students make connections between their lived experiences and those of the characters. This can also lead to a later discussion about how students can apply newly acquired life-skills in their own lives.
Jumble Steps (Individual assignment)	**Elementary** Grades 2-4 Grades 5+	Jumble Steps is an educational game in which students must correctly order the steps to implement the life-skills explored in the videos. This activity is leveled appropriately for each grade band.
Role Play (Group activity)	**Early Elementary** PK-1 (Mini-zoom) **Elementary** Grades 2-4 Grades 5+ **Middle and High School** Grades 6-8 Grades 9-12	In teams of two or more, students choose a scenario related to the theme and improvise possible solutions to respond to social-emotional challenges. This activity is leveled appropriately for each grade band.
Journal (Individual assignment)	**Elementary** Grades 2-4 Grades 5+ **Middle and High School** Grades 6-8 Grades 9-12	The journal is a chatbot conversation tool that allows students to revisit a particular movie lesson and expand on other emotions experienced or other paths they may have chosen if they were the character. This tool allows students to freely express themselves while fostering self-esteem and a sense of competence by sharing a situation where they experienced success.

FOLLOW-UP ACTIVITIES		
Format	**Grade levels**	**Description**
Keys to Action (Integration activity)	**Elementary** Grades 2-4 Grades 5+ **Middle and High School** Grades 6-8 Grades 9-12	Encourage students to further integrate life-skills education into their day by using one of our suggested keys to action exercises designed for either school or home.
Quiz (Individual assignment & assessment)	**Elementary** Grades 2-4 Grades 5+ **Middle and High School** Grades 6-8 Grades 9-12	moozoom engages students with quizzes that reassert and solidify student knowledge acquisition at the conclusion of each video-based lesson. These quizzes build on prior knowledge, create a bridge between the lived experience of the students and those of the characters, and challenge students to consider reactions and consequences of the character's behavior and their own. Quizzes are auto-graded by the platform, and teachers can view individual student quiz responses by selecting a student's name card under *Students & moodboard*. Individual and class-wide quiz performance is available on the teacher dashboard. This activity is leveled appropriately for each grade band.
Seek & Find (Individual assignment)	**Early Elementary** PK-1 (Mini-Zoom)	Our *Mini-Zoom* Seek & Find activity gives our young learners the chance to view a variety of different facial cues and expressions and asks them to identify the corresponding emotions.
Emotion games (Group activity)	**Early Elementary** PK-1 (Mini-Zoom)	The Emotion Games are simple interactive activities that depict moozoom characters experiencing different emotions and allow learners to identify the correct response.
Emotiometer (Individual assignment)	**Early Elementary** PK-1 (Mini-Zoom)	The Emotiometer is a great activity created specifically for our *Mini-Zoom* learners. While simultaneously practicing fine motor skills, students are also learning about the different intensities of different emotions.

FREE VS. PAID VERSION

Another feature that sets moozoom apart is our subscription options. moozoom users with free subscriptions can access a wide range of movie lessons and materials without being limited by time constraints for using them. We want our users to have ample opportunity to engage efficiently with the content they'll have access to. Unlike our free subscribers' limited access, our paid subscribers will have full access to each of our themes, episodes, and activities, as well as all of the new and improved platform functionalities.

THE IMPLEMENTATION JOURNEY

moozoom's "no lesson planning" concept is designed to increase teacher buy-in. **Our vision is that if students love their life-skills education program, teachers will love teaching it**.

The same day a school subscribes to moozoom, it is assigned a designated customer success specialist that will proceed with school-wide onboarding and ensure an optimized utilization of the platform by all teachers for the months to follow. **Click here to watch a full moozoom lesson and preview a teacher's journey with moozoom!**

Step 1: Select your themes

After creating your account, select your theme. Each of our themes has a minimum of four movie lessons ranging from two to twenty minutes, with various follow-up activities ranging from two to ten minutes to complete. On average, teachers complete one movie lesson and the associated activities per week. Prior to any school-wide implementation, and depending on how much time is available for teaching life-skills education, we recommend your moozoom team select the themes that relate to particular student challenges identified for your school at the beginning of the school year.

Step 2: Find time with students

moozoom's student-centered approach facilitates life-skills education in a classroom setting by teaching students skills through observation of other kids' behavior and previewing different ways to resolve daily challenges. Although moozoom does not require a specific amount of time per day to invest in moozoom, it is our recommendation to find thirty to fourty minutes per week with students, over one or multiple period(s). Morning meetings or closing circles are a great time to utilize moozoom!

Step 3: Teach a moozoom lesson

Depending on the availability of technology in your classroom, moozoom can be used synchronously, asynchronously, or independently at home (depending on device and internet access). Below are a few tips and tricks on how to access and utilize moozoom in a classroom.

- **Technology ready:** Prior to planning a moozoom lesson, have students' devices ready. This will save time when it comes to completing independent assignments. If your school offers a life-skills education block, moozoom could be utilized then. Here are some of moozoom's recommendations depending on the accessibility.

  If your students do not have access to a computer, moozoom recommends viewing the videos and completing the related activities as a group (one large group or small groups). This can be done by working together to answer the quiz questions and formulating responses to journal prompts in small groups. Teachers can also assign activities for students to complete as homework and utilize morning meeting and/or closing circle time to facilitate a group discussion focused on the core competencies learned in the lesson.

- **Create a student group**: Allowing students to complete the follow-up activities through their student account has numerous advantages, such as completing an emotional check-in when logging in and allowing teachers to see their answers, progression, and performance . moozoom can be easily integrated with Google classroom and/or Clever. **Learn how to create a group by clicking here** .

- **Start teaching:** Click on "*Themes" (from the left side menu)* to have a quick overview of all movie lessons and follow-up activities available.

    - **Teacher discussion guide:** Prior to watching a movie lesson within a theme, print the teacher discussion guide to help facilitate teaching the lesson and encourage students to discuss the different options presented. The discussion guide also encourages students to share their own experiences and how they can relate to the characters.

    - **Watch a movie lesson:** For grade 6-12, there's no order preference. For grades 2-5+ content, watch the theme movie lessons in this suggested order: Webseries, Zoom-In, and Zoom-Act. For Mini-Zoom (PK-1), start by watching one or more of the *Emotion Game* videos contained in the *Emotion Recognition* section. Students can deepen their knowledge of a specific emotion by completing an *Emotiometer* or *Seek and Find* activity. Repeat as necessary prior to watching one of our interactive movie lessons.

      Although moozoom videos can be viewed independently, it is our recommendation to watch all movie lessons as a class. This allows for open discussion and sharing of experiences among students.

    - **Assign follow-up activities:** After watching a movie lesson, have students (grades 2-5+ and 6-12) log in to their accounts and access the assigned follow-up activities. In order to assign movie lessons or follow-up activities, use the "assign" button on each movie lesson. This will automatically enable access to students from their individual profiles.

- **Follow student progression, utilization, and performance:** Access the "*Students & moodboard*" space to view the last ten days of emotional check-in history as well as complete and incomplete activities. Access the "*Dashboard*" to view student utilization and quiz performance, either individually or as a group, based on the five core competencies.

- **Reinforce student learning:** Use our various keys to action to help students integrate learning in their day-to-day life.

ASSESSMENT DATA

moozoom collects three (3) types of formal and informal assessment data for teachers and administrators.

- **Utilization:** moozoom tracks utilization of the platform. This refers to the number of videos viewed and activities completed. This data can be filtered by classroom, teacher, and student. Utilization data is available in the Dashboard.
- **Wellness check-in**: Wellness check-in history is available on the Students & moodboard page. This informal **early-risk assessment** is intended to be proactive instead of reactive. Each time they login into the platform, students must share how they feel today by selecting one of the proposed emotions, while every difficult emotion will be flagged and the appropriate staff members will be alerted. Finally, this emotional check-in not only improves emotional vocabulary for students but also helps develop emotional regulation abilities.
- **Knowledge:** The quiz performance data point provides a holistic overview of how students are performing on quizzes based on the five core moozoom competencies. The teacher dashboard continuously updates quiz results and illustrates student progess in each competency and they work through the theme.

These three (3) data streams provide administrators with a look into student skill and knowledge acquisition within their school community. This data can be used for reporting, curriculum planning, and to targeting student wellbeing interventions. **For any questions about moozoom: https://moozoomapp.com/contact-us/.**

Enjoy moozoom!

SCHEDULE A

moozoom INDEX

moozoom INDEX

(movie lessons for school year 2024-2025 will be listed soon)

THEME	VIDEOS	VIDEO TYPE	COMPETENCIES AND STANDARDS TARGETED	
Difference	**Same, but Different**	Webseries	SELF-AWARENESS • Identifying personal, cultural, and linguistic assets SOCIAL AWARENESS • Recognizing strengths in others	
Difference	**A Little Differ-Aunt**	Zoom-In	RESPONSIBLE DECISION-MAKING • Demonstrating curiosity and open-mindedness SOCIAL AWARENESS • Identifying diverse social norms, including unjust ones	
Difference	**All by Myself**	Zoom-In	SELF-AWARENESS • Identifying personal, cultural, and linguistic assets SOCIAL AWARENESS • Recognizing strengths in others	
Difference	**How to Accept Differences**	Zoom-Act	SOCIAL AWARENESS • Understanding and expressing gratitude	
Healthy Relationships	**International Dirty Shirt Day**	Webseries	SELF-MANAGEMENT • Managing one's emotions RELATIONSHIP SKILLS • Communicating effectively	
Healthy Relationships	**Study Buddy**	Zoom-In	RESPONSIBLE DECISION-MAKING • Identifying solutions for personal and social problems RELATIONSHIP SKILLS • Communicating effectively • Seeking or offering support and help when needed SOCIAL AWARENESS • Showing empathy and compassion • Recognizing strengths in others	
Healthy Relationships	**F for Friend**	Zoom-In	SOCIAL AWARENESS • Showing empathy and compassion • Understanding and expressing gratitude RESPONSIBLE DECISION-MAKING • Identifying solutions for personal and social problems	
Healthy Relationships	**How to Forgive a Friend**	Zoom-Act	RELATIONSHIP SKILLS • Communicating effectively SELF-AWARENESS • Identifying one's emotions	

Self-Awareness

Self-Management

Social Awareness

Relationship Skills

Responsible Decision-Making

THEME	VIDEOS	VIDEO TYPE	COMPETENCIES AND STANDARDS TARGETED	
Influence	**1+1+1 = Fun!**	Webseries	RESPONSIBLE DECISION-MAKING • Identifying solutions for personal and social problems • Anticipating and evaluating the consequences of one's actions RELATIONSHIP SKILLS • Showing leadership in groups	
Influence	**My Precious ... Pen**	Zoom-In	SELF-AWARENESS • Demonstrating honesty and integrity • Integrating personal and social identities RESPONSIBLE DECISION-MAKING • Anticipating and evaluating the consequences of one's actions	
Influence	**Acting Alone**	Zoom-In	SELF-AWARENESS • Integrating personal and social identities SOCIAL AWARENESS • Showing empathy and compassion • Showing concern for the feelings of others	
Influence	**How to Handle Peer Pressure**	Zoom-Act	RELATIONSHIP SKILLS • Resisting negative social pressure RESPONSIBLE DECISION-MAKING • Anticipating and evaluating the consequences of one's actions	
Resilience	**The Tower of Pizza!**	Webseries	SELF-MANAGEMENT • Managing one's emotions • Identifying and using stress-management strategies SOCIAL AWARENESS • Showing empathy and compassion • Understanding and expressing gratitude RESPONSIBLE DECISION-MAKING • Identifying solutions for personal and social problems	
Resilience	**Last but Not Least**	Zoom-In	SELF-AWARENESS • Identifying personal, cultural, and linguistic assets SOCIAL AWARENESS • Recognizing strengths in others • Showing empathy and compassion	
Resilience	**Something Special**	Zoom-In	SOCIAL AWARENESS • Showing empathy and compassion RELATIONSHIP SKILLS • Seeking or offering support and help when needed	
Resilience	**How to Deal with Challenging Situations**	Zoom-Act	SELF-AWARENESS • Identifying one's emotions RESPONSIBLE DECISION-MAKING • Identifying solutions for personal and social problems	

Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making

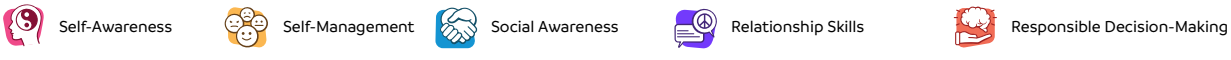
THEME	VIDEOS	VIDEO TYPE	COMPETENCIES AND STANDARDS TARGETED	
Using Good Judgment	**Chocolate Zombies**	Webseries	SELF-AWARENESS • Experiencing self-efficacy RESPONSIBLE DECISION-MAKING • Identifying solutions for personal and social problems	
Using Good Judgment	**Serious Secret**	Zoom-In	SOCIAL AWARENESS • Showing empathy and compassion RELATIONSHIP SKILLS • Standing up for the rights of others • Seeking or offering support and help when needed	
Using Good Judgment	**A Big Stink**	Zoom-In	REPONSIBLE DECISION-MAKING • Learning to make a reasoned judgment after analyzing information, data, and facts SELF-AWARENESS • Examining prejudices and biases	
Using Good Judgment	**How to Use Good Judgment**	Zoom-Act	RESPONSIBLE DECISION-MAKING • Anticipating and evaluating the consequences of one's actions SELF-AWARENESS • Identifying one's emotions • Identifying personal, cultural, and linguistic assets	
Rejection	**A Big Misunderstanding**	Webseries	RELATIONSHIP SKILLS • Communicating effectively • Resolving conflicts constructively SELF-MANAGEMENT • Managing one's emotions	
Rejection	**Sharing Friends**	Zoom-In	RELATIONSHIP SKILLS • Developing positive relationships • Communicating effectively	
Rejection	**My Way**	Zoom-In	SOCIAL AWARENESS • Considering others' perspectives RELATIONSHIP SKILLS • Developing positive relationships RESPONSIBLE DECISION-MAKING • Demonstrating curiosity and open-mindedness	
Rejection	**Best Friends Forever**	Zoom-In	SOCIAL AWARENESS • Showing empathy and compassion RELATIONSHIP SKILLS • Developing positive relationships • Communicating effectively	
Rejection	**How to Express Your Feelings**	Zoom-Out	SELF-AWARENESS • Identifying one's emotions • Linking feelings, values, and thoughts RELATIONSHIP SKILLS • Developing positive relationships • Communicating effectively	

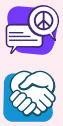
Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making

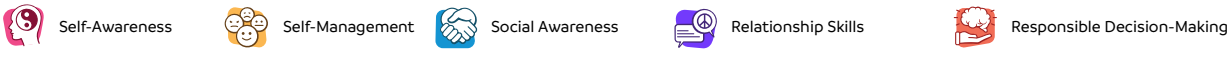
THEME	VIDEOS	VIDEO TYPE	COMPETENCIES AND STANDARDS TARGETED	
Fear of Being Judged	**Don't Be Afraid to Speak Up**	Webseries	RELATIONSHIP SKILLS • Resisting negative social pressure SOCIAL AWARENESS • Showing concern for the feelings of others	
Fear of Being Judged	**What if They Make Fun of Me?**	Zoom-In	SELF-AWARENESS • Identifying personal, cultural, and linguistic assets • Having a growth mindset RESPONSIBLE DECISION-MAKING • Identifying solutions for personal and social problems	
Fear of Being Judged	**That's for Everyone!**	Zoom-In	SELF-AWARENESS • Examining prejudices and biases SOCIAL AWARENESS • Identifying diverse social norms, including unjust ones	
Fear of Being Judged	**Let's Be Friends**	Zoom-In	SOCIAL AWARENESS • Identifying diverse social norms, including unjust ones SELF-AWARENESS • Examining prejudices and biases RELATIONSHIP SKILLS • Standing up for the rights of others	
Fear of Being Judged	**How to Stand Up for Yourself**	Zoom-Out	SELF-AWARENESS • Integrating personal and social identities RELATIONSHIP SKILLS • Resisting negative social pressure • Communicating effectively	
Self-Esteem	**Ace your Self-Esteem**	Webseries	SELF-AWARENESS • Identifying personal, cultural, and linguistic assets • Having a growth mindset RESPONSIBLE DECISION-MAKING • Identifying solutions for personal and social problems SELF-MANAGEMENT • Managing one's emotions • Setting personal and collective goals	
Self-Esteem	**What Do You Think?**	Zoom-In	SELF-AWARENESS • Identifying personal, cultural, and linguistic assets • Having a growth mindset	
Self-Esteem	**Speak Up!**	Zoom-In	SELF-AWARENESS • Having a growth mindset RELATIONSHIP SKILLS • Communicating effectively	

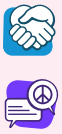
Self-Awareness
Self-Management
Social Awareness
Relationship Skills
Responsible Decision-Making

THEME	VIDEOS	VIDEO TYPE	COMPETENCIES AND STANDARDS TARGETED	
Self-Esteem	**Try a Little Empathy**	Zoom-In	SOCIAL AWARENESS • Recognizing strengths in others • Showing empathy and compassion RELATIONSHIP SKILLS • Seeking or offering support and help when needed	
Self-Esteem	**How to Ask for Something**	Zoom-Out	RELATIONSHIP SKILLS • Communicating effectively	
Accepting "No"	**Dad "No's" Best**	Webseries	SELF-MANAGEMENT • Managing one's emotions RELATIONSHIP SKILLS • Communicating effectively • Resolving conflicts constructively	
Accepting "No"	**Was I Too Pushy?**	Zoom-In	RESPONSIBLE DECISION-MAKING • Anticipating and evaluating the consequences of one's actions SOCIAL AWARENESS • Considering others' perspectives	
Accepting "No"	**Asking for Permission**	Zoom-In	RESPONSIBLE DECISION-MAKING • Anticipating and evaluating the consequences of one's actions SOCIAL AWARENESS • Considering others' perspectives • Showing empathy and compassion RELATIONSHIP SKILLS • Developing positive relationships	
Accepting "No"	**Ask Why**	Zoom-In	SOCIAL AWARENESS • Taking others' perspectives RESPONSIBLE DECISION-MAKING • Identifying solutions for personal and social problems	
Accepting "No"	**How to Accept Criticism**	Zoom-Out	RELATIONSHIP SKILLS • Communicating effectively	
Adapting to Change	**New Teacher, New Rules**	Webseries	SELF-MANAGEMENT • Managing one's emotions • Exhibiting self-discipline and self-motivation	
Adapting to Change	**Partner Problem**	Zoom-In	RESPONSIBLE DECISION-MAKING • Identifying solutions for personal and social problems	
Adapting to Change	**Making New Friends**	Zoom-In	RELATIONSHIP SKILLS • Developing positive relationships SELF-MANAGEMENT • Showing the courage to take initiative	



THEME	VIDEOS	VIDEO TYPE	COMPETENCIES AND STANDARDS TARGETED	
Adapting to Change	**Separation Heartache**	Zoom-In	SOCIAL AWARENESS • Understanding and expressing gratitude • Showing empathy and compassion RELATIONSHIP SKILLS • Communicating effectively • Seeking or offering support and help when needed	
Adapting to Change	**How to Start a Conversation**	Zoom-Out	RELATIONSHIP SKILLS • Developing positive relationships • Communicating effectively	
Bullying	**Stand Up to Bullying**	Webseries	SELF-AWARENESS • Examining prejudices and biases SOCIAL AWARENESS • Showing empathy and compassion • Identifying diverse social norms, including unjust ones RESPONSIBLE DECISION-MAKING • Identifying solutions for personal and social problems • Reflecting on one's role to promote personal, family, and community well-being	
Bullying	**Am I Being Bullied?**	Zoom-In	RELATIONSHIP SKILLS • Communicating effectively • Resolving conflicts constructively SOCIAL AWARENESS • Identifying diverse social norms, including unjust ones	
Bullying	**See Something? Say Something.**	Zoom-In	SOCIAL AWARENESS • Identifying diverse social norms, including unjust ones RESPONSIBLE DECISION-MAKING • Identifying solutions for personal and social problems • Reflecting on one's role to promote personal, family, and community well-being RELATIONSHIP SKILLS • Standing up for the rights of others	
Bullying	**Just Joking**	Zoom-In	RESPONSIBLE DECISION-MAKING • Anticipating and evaluating the consequences of one's actions SOCIAL AWARENESS • Showing empathy and compassion RELATIONSHIP SKILLS • Developing positive relationships	
Bullying	**How to Apologize**	Zoom-Out	RESPONSIBLE DECISION-MAKING • Anticipating and evaluating the consequences of one's actions RELATIONSHIP SKILLS • Communicating effectively	



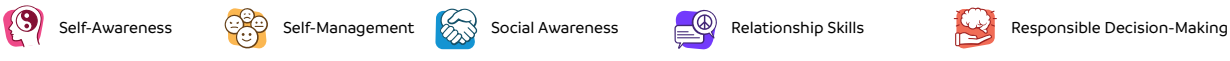
THEME	VIDEOS	VIDEO TYPE	COMPETENCIES AND STANDARDS TARGETED	
Assertiveness	**The Bracelet**	Webseries	RELATIONSHIP SKILLS • Communicating effectively • Developing positive relationships SELF-MANAGEMENT • Managing one's emotions • Showing leadership in groups SELF-AWARENESS • Linking feelings, values, and thoughts • Demonstrating honesty and integrity	
Assertiveness	**Auguy**	Zoom-In	SOCIAL AWARENESS • Showing empathy and compassion • Identifying diverse social norms, including unjust ones RELATIONSHIP SKILLS • Communicating effectively • Developing positive relationships	
Assertiveness	**Trapped**	Zoom-In	SOCIAL AWARENESS • Showing empathy and compassion • Identifying diverse social norms, including unjust ones SELF-AWARENESS • Integrating personal and social identities • Linking feelings, values, and thoughts	
Assertiveness	**The Buzzmobile**	Zoom-Act	RELATIONSHIP SKILLS • Resisting negative social pressure • Communicating effectively RESPONSIBLE DECISION-MAKING • Identifying solutions for personal and social problems	
Responsibility	**Hocus Responsabilitus**	Webseries	RESPONSIBLE DECISION-MAKING • Identifying solutions for personal and social problems • Learning to make a reasoned judgment after analyzing information, data, and facts	
Responsibility	**The Mission**	Zoom-In	RESPONSIBLE DECISION-MAKING • Identifying solutions for personal and social problems • Anticipating and evaluating the consequences of one's actions RELATIONSHIP SKILLS • Practicing teamwork and collaborative problem-solving • Communicating effectively	
Responsibility	**The Missing Link**	Zoom-In	RELATIONSHIP SKILLS • Communicating effectively • Developing positive relationships RESPONSIBLE DECISION-MAKING • Identifying solutions for personal and social problems • Anticipating and evaluating the consequences of one's actions	
Responsibility	**Let's Roll**	Zoom-Act	RESPONSIBLE DECISION-MAKING • Identifying solutions for personal and social problems • Learning to make a reasoned judgment after analyzing information, data, and facts	

Self-Awareness
Self-Management
Social Awareness
Relationship Skills
Responsible Decision-Making

THEME	VIDEOS	VIDEO TYPE	COMPETENCIES AND STANDARDS TARGETED	
Anxiety	**The Puppet Show**	Webseries	SELF-AWARENESS • Identifying one's emotions • Linking feelings, values, and thoughts SELF-MANAGEMENT • Managing one's emotions • Identifying and using stress-management strategies	
Anxiety	**Let's Dance!**	Zoom-In	SELF-MANAGEMENT • Managing one's emotions • Identifying and using stress-management strategies SOCIAL AWARENESS • Showing empathy and compassion • Showing concern for the feelings of others RELATIONSHIP SKILLS • Seeking or offering support and help when needed • Developing positive relationships	
Anxiety	**The Hand**	Zoom-In	SELF-MANAGEMENT • Managing one's emotions • Identifying and using stress-management strategies SOCIAL AWARENESS • Showing empathy and compassion • Showing concern for the feelings of others	
Anxiety	**The Bug**	Zoom-Act	SELF-MANAGEMENT • Managing one's emotions • Identifying and using stress-management strategies SOCIAL AWARENESS • Showing empathy and compassion • Showing concern for the feelings of others	
Social Media	**Social Trial**	Webseries	SELF-AWARENESS • Identifying one's emotions • Integrating personal and social identities SOCIAL AWARENESS • Showing empathy and compassion • Understanding and expressing gratitude RESPONSIBLE DECISION-MAKING • Identifying solutions for personal and social problems • Learning to make a reasoned judgment after analyzing information, data, and facts	
Social Media	**The Duel**	Zoom-In	RESPONSIBLE DECISION-MAKING • Identifying solutions for personal and social problems • Anticipating and evaluating the consequences of one's actions SELF-AWARENESS • Identifying one's emotions • Linking feelings, values, and thoughts	
Social Media	**Viral Virus**	Zoom-In	SOCIAL AWARENESS • Showing empathy and compassion • Recognizing strengths in others SELF-AWARENESS • Identifying personal, cultural, and linguistic assets • Integrating personal and social identities	

Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making

THEME	VIDEOS	VIDEO TYPE	COMPETENCIES AND STANDARDS TARGETED	
Social Media	**The No-Challenge Challenge**	Zoom-Act	SELF-AWARENESS • Experiencing self-efficacy • Integrating personal and social identities RESPONSIBLE DECISION-MAKING • Identifying solutions for personal and social problems • Anticipating and evaluating the consequences of one's actions	
Cliques & Gossip	**Game On!**	Webseries	SELF-AWARENESS • Identifying one's emotions • Integrating personal and social identities RESPONSIBLE DECISION-MAKING • Identifying solutions for personal and social problems • Anticipating and evaluating the consequences of one's actions RELATIONSHIP SKILLS • Resisting negative social pressure • Developing positive relationships	
Cliques & Gossip	**Rock, Paper, Rumor**	Zoom-In	RESPONSIBLE DECISION-MAKING • Identifying solutions for personal and social problems • Anticipating and evaluating the consequences of one's actions SOCIAL AWARENESS • Showing empathy and compassion • Recognizing strengths in others	
Cliques & Gossip	**Piece of Cake**	Zoom-In	SELF-AWARENESS • Examining prejudices and biases • Linking feelings, values, and thoughts RESPONSIBLE DECISION-MAKING • Identifying solutions for personal and social problems • Learning to make a reasoned judgment after analyzing information, data, and facts	
Cliques & Gossip	**Orange Belts**	Zoom-Act	RESPONSIBLE DECISION-MAKING • Identifying solutions for personal and social problems • Recognizing how critical thinking skills are useful both inside & outside of school SOCIAL AWARENESS • Identifying diverse social norms, including unjust ones • Recognizing strengths in others SELF-AWARENESS • Examining prejudices and biases • Integrating personal and social identities	
Self-Esteem	**Leaf No One Behind**	Mini-Zoom	SELF-AWARENESS • Identifying personal, cultural, and linguistic assets • Identifying one's emotions SOCIAL AWARENESS • Recognizing strengths in others	
Impulse Control	**Oopsy Artsy**	Mini-Zoom	SELF-MANAGEMENT • Managing one's emotions • Exhibiting self-discipline and self-motivation	



THEME	VIDEOS	VIDEO TYPE	COMPETENCIES AND STANDARDS TARGETED	
Anxiety	**The Farm**	Mini-Zoom	SELF-MANAGEMENT • Identifying and using stress-management strategies • Managing one's emotions SOCIAL AWARENESS • Showing empathy and compassion • Showing concern for the feelings of others	
Empathy	**The Star**	Mini-Zoom	SOCIAL AWARENESS • Showing empathy and compassion • Showing concern for the feelings of others	
Sharing	**A Compass to Share**	Mini-Zoom	RELATIONSHIP SKILLS • Resolving conflicts constructively • Communicating effectively SELF-MANAGEMENT • Managing one's emotions SELF-AWARENESS • Identifying one's emotions	
Conflict	**One Comment Over the Limit**	Mini-Zoom	SELF-AWARENESS • Identifying one's emotions RELATIONSHIP SKILLS • Resolving conflicts constructively • Communicating effectively SELF-MANAGEMENT • Managing one's emotions	
Respect	**Splish, Splash, Oops!**	Mini-Zoom	RELATIONSHIP SKILLS • Resolving conflicts constructively • Communicating effectively SELF-MANAGEMENT • Managing one's emotions • Exhibiting self-discipline and self-motivation SELF-AWARENESS • Identifying one's emotions	
Friendship	**The Friendship Castle**	Mini-Zoom	SOCIAL AWARENESS • Showing empathy and compassion • Showing concern for the feelings of others RELATIONSHIP SKILLS • Developing positive relationships • Communicating effectively SELF-AWARENESS • Identifying one's emotions	
Accepting "No"	**Draw or Nothing!**	Mini-Zoom	SELF-MANAGEMENT • Managing one's emotions RELATIONSHIP SKILLS • Seeking or offering support and help when needed • Communicating effectively SELF-AWARENESS • Identifying one's emotions	

Self-Awareness

Self-Management

Social Awareness

Relationship Skills

Responsible Decision-Making

THEME	VIDEOS	VIDEO TYPE	COMPETENCIES AND STANDARDS TARGETED	
Zen Zone	**Morning Routine**	Zen Zone	SELF-MANAGEMENT • Managing one's emotions • Setting personal and collective goals SELF-AWARENESS • Having a growth mindset	
Zen Zone	**After Lunch Routine**	Zen Zone	SELF-MANAGEMENT • Managing one's emotions • Identifying and using stress-management strategies SELF-AWARENESS • Identifying one's emotions	
Zen Zone	**Coming Home Routine**	Zen Zone	SELF-MANAGEMENT • Identifying and using stress-management strategies • Setting personal and collective goals	
Zen Zone	**Bedtime Routine**	Zen-Zone	SELF-MANAGEMENT • Managing one's emotions • Identifying and using stress-management strategies	
Zen Zone	**Managing Anxiety**	Zen Zone	SELF-MANAGEMENT • Managing one's emotions • Identifying and using stress-management strategies	
Zen Zone	**The Mountain**	Zen Zone	SELF-MANAGEMENT • Managing one's emotions • Identifying and using stress-management strategies	
Zen Zone	**Sit Still**	Zen Zone	SELF-MANAGEMENT • Exhibiting self-discipline and self-motivation • Identifying and using stress-management strategies	
Zen Zone	**Happy Place**	Zen Zone	SELF-MANAGEMENT • Identifying and using stress-management strategies	
Zen Zone	**The Weather Inside**	Zen Zone	SELF-AWARENESS • Identifying one's emotions • Linking feelings, values, and thoughts	
Zen Zone	**The Right Foot**	Zen Zone	RESPONSIBLE DECISION-MAKING • Reflecting on one's role in promoting personal, family, and community well-being SELF-MANAGEMENT • Managing one's emotions	
Zen Zone	**Z-Ray**	Zen Zone	SELF-MANAGEMENT • Managing one's emotions • Identifying and using stress-management strategies	

Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making