



AS OF SEPTEMBER 2023

NEW THEMES 2023-2024

Pre-K-1



ANXIETY

Rationalizing with your fears

EMPATHY

Seeing other's perspectives

IMPULSE CONTROL

Working on your patience

SELF-ESTEEM

Seeing your strengths

ACCEPTING DIFFERENCE

Adjusting to difference



Grades 2-6



CLIQUEs AND GOSSIP

Evaluate your friendships

Avoiding the rumor mill

How to deal with a rumor

Dealing with the pressures of cliques

SOCIAL MEDIA

Feeling excluded from a chat group

Protecting privacy and setting boundaries

Self-Expression on social media

Dealing with social media pressure

ASSERTIVENESS

Stand Up for yourself

Refusing to join in

Stand by your opinion

Assert yourself in a group

ANXIETY

Express anxiety

Rationalize your fear

Turn anxiety into creative expression

Manage anxiety

RESPONSIBILITY

Managing too much responsibility

Taking care of responsibilities

Repairing responsibility

Manage responsibility on a team

New season will also be available in French and in Spanish.