

# Charlotte-Mecklenburg Schools

## Self Awareness



- Classroom and Advisory Videos
- Discussion Questions
- Self-Reflection Questions
- Lesson Plans

Experts with the Collaborative for Academic, Social and Emotional Learning (CASEL) confirm that social and emotional learning (SEL) is essential to the school and life success of all children. Why? Our emotions and relationships affect how and what we learn. Emotions can enable us to generate an active interest and sustain our engagement in learning. On the other hand, unmanaged stress and poor regulation of impulses interfere with attention and memory and contribute to behaviors disruptive to learning. Studies confirm SEL benefits including reductions in child aggression, substance abuse, delinquency, and violence; lower levels of depression and anxiety; and increased grades, attendance, and performance in core academic subjects.

This guide provides a suggested order for putting **Connect with Kids** social and emotional learning video resources, along with discussion questions and activities, to work in the elementary school classroom. Business experts call it “see-feel-change,” fueling action by sparking emotion. Connect with Kids calls it **educating the heart**: using the power of storytelling and peer-to-peer connections to create heart-felt associations. Research shows that children and adults who emotionally connect with an experience are more likely to make life-long behavioral change than those who just receive information about that experience. Students realize that they are not alone in their feelings and learn to trust their teachers, classmates and themselves as they navigate social and emotional challenges that naturally occur in the elementary school years.

Search for the program title to find video and print resources, which all stream 24/7 via your Connect with Kids WebSource website subscription or custom school website.

### Questions?

Please contact Connect with Kids Client Support at [888.598.KIDS \(5437\)](tel:888.598.KIDS) or email [info@cwknetwork.com](mailto:info@cwknetwork.com).

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Title	SEL Notes	Documentary Story Description
<p><a href="#"><u>Power of Expectations (Parts 1-5)</u></a></p>	<p>Setting achievable goals begins with recognizing our strengths and weaknesses. Sometimes we need support from parents, teachers, peers, coaches, etc., in order to learn we are capable of making and reaching our goals. In the end, expectations are self-fulfilling and the ones students set for themselves matter the most.</p>	<p>Expectations of parents, teachers and peers all have a tremendous influence on kids – in sports, in school and in life. Students, what does everyone seem to expect for your future, and what should you expect for yourself?</p>
<p>Single Topic Videos <a href="#"><u>Courage</u></a></p>	<p>Being able to recognize and effectively communicate emotions and thoughts are integral parts of courage.</p>	<p>Even though Masha Malikina suffered severe injuries in a car accident that left her a paraplegic, she exhibits the courage to share her experience with other teens while also pursuing the activities that she enjoyed before her life-altering accident.</p>
<p>Video Short <a href="#"><u>Early Exposure to a Career</u></a></p>	<p>Building a sense of pride and accomplishment through volunteering as well as an appreciation for hard work and responsibility provides students an opportunity to develop self-awareness.</p>	<p>Volunteerism has become a graduation requirement for high school students in hundreds of school districts around the country. For some kids, volunteering also has a practical side as well. Watch this video and hear from kids about some of the practical benefits of volunteering, including exploring future career options.</p>
<p>Video Shorts <a href="#"><u>Career Anxiety</u></a></p>	<p>To build self-awareness, kids need to be able to recognize their feelings and emotions, even when they feel stressed or anxious about the future. It is important to be able to identify their strengths and exude confidence.</p>	<p>There is growing evidence that kids today are more worried about their future than previous generations. Whether they're involved in sports, clubs or academics, kids today are quickly learning that competition is a part of life. Watch this program to hear from kids about the competition and anxiety they face and feel.</p>

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Video Shorts <a href="#">Beyond Graduation: A Chance for a New Life</a>	Knowing one's strengths and limitations help a person to stand up and decide the path they want to be on. When faced with adversity, being confident in oneself can help work toward a better life.	Saul Avina's experiences with gangs, drugs, and violence came to head when he witnessed his first and last drive-by shooting. It was then that he decided the money and the sense of family the gang offered weren't worth the fear and anxiety that he was feeling.
Inside Out <a href="#">Honesty</a>	Being honest with oneself about helps develop our talents and interests.	Hear from Chandler about why she gave up basketball after dedicating her life to the sport and chose to try new things.
<a href="#">Lost and Found (Parts 1-5)</a>	It's important to be able to recognize and express emotions during difficult times of loss. From there, one can begin to develop skills to help with grief and loss.	Adolescents experience loss in a number of ways – the divorce of parents, the death of a sibling, parent or friend, or moving from a familiar house, neighborhood or school to a new environment. The experiences can be painful. LOST AND FOUND helps address questions, concerns and brings to the forefront ways to help cope with loss and the burdens it brings.
Video Shorts <a href="#">Teen Depression</a>	In today's world, teens are under a lot of pressure to succeed leading many to develop depression and/or anxiety. It is important for students to be able to recognize their feelings and emotions and understand their needs and limitations before depression or anxiety takes them down a bad path.	Research from Columbia University finds that nearly half of all 19 to 25 year olds suffer from some type of psychiatric disorder: depression, anxiety, phobias, or addiction. Some of the disorders are mild and some are not.

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<p>Video Shorts <a href="#"><u>Sleep and Memory</u></a></p>	<p>Knowing how much sleep your body needs in order to focus and making sure you're getting that amount of sleep each night is important to focus in school and be successful.</p>	<p>What's the single best way for kids to get ready for that math test or midterm exam in American History? Get a good night's sleep. Neurologists at the Penn School of Medicine have learned that the enzymes needed to store information in long term memory don't turn on until we turn off the lights and fall asleep.</p>
<p>Video Shorts <a href="#"><u>Feeling SAD? Seasonal Affective Disorder</u></a></p>	<p>It is important to recognize and understand how the seasons and different weather can affect emotions and to understand how emotions and thoughts influence behavior.</p>	<p>According to the American Psychiatric Association, 10 to 20 percent of people have some form of seasonal affective disorder, or SAD. "It can just appear out of the blue. It really is a matter of what's going on in the brain with some of neuro-chemicals," says Patrice Harris, M.D., psychiatrist.</p>
<p>Mr. Bluz Poetry <a href="#"><u>You Are Unique</u></a></p>	<p>Having self-confidence is important for students to achieve success. If they can believe in themselves, they can determine their strengths and weaknesses and work towards achieving their goals.</p>	<p>Watch and listen to Bluz and his powerful message about finding the inner beauty in your smile. Accept that your scars are perfect. Keep rocking... listen to the soundtrack of your life and define your own existence. Stay fresh even when the only option seems like ordinary.</p>
<p>Mr. Bluz Poetry <a href="#"><u>Self Worth and Hope</u></a></p>	<p>One has to have self-worth to be successful and to do so they must recognize their strengths. In order to set and work towards achieving goals, students must believe in themselves.</p>	<p>Bluz eloquently stresses how Self Worth and Hope are central to everything you do. It affects your behavior and thoughts. It changes how you feel about and value yourself. Take a moment and listen to his words AND appreciate just how important each of us is.</p>

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CRE - Building Social Capital <a href="#">Being a Citizen of your Community</a>	Knowing when/how to give or get help is an essential skill that each student needs to learn in order to build strong relationships with people. Being a mentor in your community is a great way to build these skills.	Ito recognizes that a lot of people made sacrifices for him, and he wants to be a responsible citizen and give something back to his community.
<a href="#">First Comes Love (Parts 1-4)</a>	There are many pressures on teens today when it comes to dating but it is important to learn how to communicate with each other and develop a strong relationship with that person before making any big decisions about intimacy and sex.	FIRST COMES LOVE examines some of today's pressures regarding love and how teens view and define relationships and dating.
Video Shorts <a href="#">The Value of Grief Counseling</a>	Providing students with resources that they can use to help deal with grief is extremely helpful during tough times.	When a tragedy occurs on a school campus, grief counselors often rush in to help. They encourage students to talk about their feelings, hoping to help them cope with the horrible things they've seen and heard. Some students say they get a lot out of grief counseling, even if they didn't think they would. Some say they don't benefit — and don't even like it. Conventional wisdom says it's unsafe to repress your feelings.