

# Charlotte-Mecklenburg Schools

## Social 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
<a href="#"><u>Invisible Weapons (Parts 1-4)</u></a>	Recognizing that your actions affect your relationships with others in both positive and negative ways is important for bullying prevention. One must be able to regulate emotions and resist impulses in order to effectively communicate and solve conflicts with peers.	This Emmy award-winning program offers solutions to the bullying epidemic with perspectives shared by both victims and bullies.
<a href="#"><u>Silent Witness (Parts 1-5)</u></a>	Bullies, victims, and bystanders have different kinds of control and power in situations when bullies are involved. By speaking up about what they have witnessed, bystanders can help protect the victims and help put a stop to the bullying. Witnesses should be empathetic and have the ability to see from multiple perspectives when acting in these situations.	Kids talk about their experiences with bullying, whether they are the bully, the victim, or the witness to bullying.
Video Short <a href="#"><u>Learning Disabilities Hurt</u></a>	Having a disability can make life challenging for many; therefore, it is important for those who do not have a disability to learn how to take the perspective of those who do in order to develop empathy.	More than 2.8 million school-aged children receive special education services as students with learning disabilities. The U.S. Department of Education estimates that more than one in six children (17.5%) will encounter a problem learning to read during the first three years of school. Lots of our children say the worst part of having a learning disability is not the challenge of reading and writing ... instead, it's hearing other people say you're stupid and believing them. What can parents do to help boost confidence, even as struggles continue?

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Video Short <a href="#">Cyberbullying</a>	It is important to put yourself in someone else's shoes and try to imagine the effects that cyberbullying has on others.	According to an Associated Press/MTV survey of more than 1,200 14- to 24-year olds, 50 percent have been harassed online or by text messages. It's time for adults and kids to understand cyberbullying's impact and to learn what not to "say" and post online.
Video Short <a href="#">Technical Difficulties?</a>	Most people only mount positive pictures and posts on social media when, in reality, their lives are not happy and positive every minute of every day. These posts make viewers anxious and stressed, but viewers need to be able to think about the person behind the post and empathize instead of compare themselves.	Test scores. Competitive team sports. And even technology, where photos on Facebook and posts on Twitter report on who is doing what with whom... and who's been left out. Is technology actually fueling today's teen anxiety? Is this real life or just really stressful for today's teens?
Single Topic Videos <a href="#">Kindness</a>	Combining good eating habits such as portion control, smart food choices, and knowledge about ingredients, with daily exercise helps students with a healthy lifestyle.	Today more kids are overweight than ever before. This is America's "biggest" generation of kids with a life expectancy that could be shorter than their parents.
Single Topic Videos <a href="#">Integrity</a>	Integrity requires us to be aware of social and ethical norms and to make sure we behave accordingly.	Samantha and Zach faked illness to stay home from school, while Clinard acted with integrity when he saw friends take a lost wallet.

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Single Topic Videos <a href="#">Honesty</a>	Honesty requires people to take other perspectives into mind before acting and deciding what is true and what is not.	When students choose to steal, cheat or lie, they must accept the negative consequences of their dishonest behaviors.
Single Topic Videos <a href="#">Generosity</a>	Being generous and understanding about how others feel is important for developing social awareness. Students can be generous by empathizing and knowing how to make others feel good by giving of their time, talent, and energy.	Monique Swinger devotes her time and commitment to mentoring community youth.
Single Topic Videos <a href="#">Honor</a>	Honor is showing respect towards someone or something. Taking others' perspectives and understanding the feelings and behaviors of others is important to show honor.	Nader Parman was seven when he died in an accident. Kids at Nadar's school found several ways to honor their friend's memory, including a "fun run."
Single Topic Videos <a href="#">Fairness</a>	Fairness requires us to look at things from different perspectives before acting.	Hunter Scott and Shaina Mangum work hard to succeed despite the unfair physical challenges they face.
Single Topic Videos <a href="#">Citizenship</a>	Citizenship is being kind, respectful and helpful within a community. Being a good citizen requires one to be aware of family, school, and community resources and supports. By knowing these, students can empathize, understand how others are feeling, and offer help to those around them.	These friends found a unique way to be citizens who give something back to their community – they are donating their hair to Locks of Love.

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Single Topic Videos <a href="#">Caring</a>	Caring is being nice and kind towards others. To be caring, people need to think of others' needs before their own. This requires empathy and the ability to understand other's feelings and thoughts.	The caring nature of family and new friends helped Hallie and Elena Ricardo cope when their family moved to another state.
Single Topic Videos <a href="#">Peace</a>	Regulating emotions and behaviors and communicating clearly in different situations are important for peaceful resolutions to conflicts.	Sherell and Mariah are best friends. But like any friends, they have arguments. It is then that the girls must choose how to resolve their conflict.
Single Topic Videos <a href="#">Tolerance</a>	Accepting people for who they are and putting yourself in other people's shoes requires tolerance.	Cory Strieff and Jason Harris embrace tolerance by accepting their cultural and racial differences.
Single Topic Videos <a href="#">Courtesy</a>	Courtesy is being polite and nice to someone when interacting with them. Knowing how actions and words affect others is the focus of courtesy.	A violent argument at a basketball game reminds Colt Barron that both children and adults can teach others to be courteous by modeling courteous behavior themselves.