

## Social-Emotional Learning Videos to Support Students in Grades 3-5

Video Title	Duration	Source	Discussion Questions
<b>“Kindness Boomerang ‘One Day’”</b>	5:44	Life Vest Inside	<ul style="list-style-type: none"> <li>• Name four acts of kindness you saw in this video.</li> <li>• What could you do to start a ripple effect of kindness?</li> <li>• Why are acts of kindness important in our world?</li> </ul>
<b>“Why Do We Feel Emotional?”</b>	5:34	Participant	<ul style="list-style-type: none"> <li>• What are emotions?</li> <li>• Why do you think people feel different emotions?</li> <li>• Do you think it is important to talk about emotions? Why or why not?</li> </ul>
<b>“What is Empathy?”</b>	2:43	Start Empathy	<ul style="list-style-type: none"> <li>• How do the kids in the film define the word “empathy?”</li> <li>• What does the word “empathy” mean to you?</li> <li>• Have you ever shown empathy to someone? What did you do?</li> </ul>
<b>“What Causes Anxiety and Depression: <i>Inside Out</i>”</b>	5:58	Mind Set	<ul style="list-style-type: none"> <li>• How does this video describe anxiety and depression?</li> <li>• Have you ever felt anxious or depressed? What made you feel that/those emotion(s)?</li> <li>• Do you think it’s important for people to experience positive and negative emotions? Why or why not?</li> </ul>