

Hello First Graders!

I hope that you are all healthy and happy. This week I would like to you complete the worksheet below while watching a tv show or a movie. Yes – social emotional learning while watching TV! If you would like to send me your work, I would love to see it. My email is [Katherine\\_picha@gateschili.org](mailto:Katherine_picha@gateschili.org). Please let me know if you have any questions or want to talk about anything. I am here for you!

Kindly,

Miss Picha

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## Social Emotional Learning While Watching TV Shows & Movies!

TV Show or Movie That You Watched \_\_\_\_\_

1. How do the characters feel? What zone are they in? How could you tell?

2. What problems did the characters face? Were these big problems or small problems? Did the reaction match the size of the problem? Why or why not?

3. Did any of the characters get upset? What coping strategies did they use to return to the green zone? Have you used this coping strategy before?

4. If you were a character in the show/movie, would you make a different choice or handle a situation in a different way? Why or why not?