

Flocabulary SEL Instructional Guide

2022-2023









[Implementation Videos:](#)

“Getting Started with Flocabulary” “The Full Lesson Sequence”

Guidance for Blended Learning: [Presentation](#) [Video Overview](#) [Elementary SEL Lesson Sequence](#)

| Lesson | Synopsis |
|---|--|
| 1.  Managing Frustration Grades K to 1 | <u>Managing Frustration</u> This song describes what it's like to feel frustrated and teaches some strategies for managing frustration. Students will see that everyone gets frustrated sometimes and be encouraged not to let frustration stop them from trying new things. Vocabulary: breath, calm, frustrated mad, mess up, patient, relax, upset |
| 2.  Managing Worry Grades K to 3 | <u>Managing Memory</u> “What if I’m not good at the game my friends are playing?” “What if I get sick during recess?” “What if I don’t know the answer when the teacher calls on me?” Worrying is a natural part of life—even though it’s not much fun, everyone does it sometimes! This video explains what it means to worry and provides several strategies for managing worried feelings, such as deep breathing and thinking positive thoughts. It also encourages students to reach out to trusted adults or friends to help the “What ifs?” go away. Vocabulary: afraid breathe calm care focus imagine listen nervous worry |
| 3.  Building Empathy Grades K to 3 | <u>Building Empathy</u> You’re excited to go on a rollercoaster, but your friend isn’t. Your classmate wants to perform in the school play, but you don’t. People often have different feelings about the same things—and that’s OK! When we have empathy, we look at the world from other people’s perspectives and understand how they’re feeling. This song gives examples of what it means to show empathy. Watch as our characters notice when their friends are feeling differently than they are, “put themselves in their shoes” and do things to help them feel better. Vocabulary: afraid emotion empathy excited listen mood upset |
| 4.  Joining In & Including Others Grades K to 3 | <u>Joining in and Including Others</u> “Can I play with you?” is a question we’ve all asked a group at some point! This video builds students’ social skills by modeling positive ways to ask to join a group, to behave when included in a group, and to include friends in play. Follow our character as he asks to join in with friends and brainstorm ways to be inclusive of others. vocabulary: friend group include join rude rule sad take turns thrill |
| 5.  Getting To Know Me Grades K to 3 | <u>Getting to Know Me</u> When we get to know our classmates and respect one another, we help create a happy and safe class community. This video models students presenting “Star of the Week” projects, in which they talk about their likes, dislikes, strengths and areas where they want to improve. Use this video to build community in your classroom and model public speaking and active listening skills. Vocabulary: community confident favorite friend help interested like shy |
| 6.  Respect Grades K to 5 | <u>Respect</u> This lesson is all about R-E-S-P-E-C-T—what it is, why it’s important and how we can show it. Students will learn specific ways they can demonstrate respect for their family, friends, classmates, neighbors and other members of their community. Vocabulary: apologize appreciate community exclude eye contact obey oblige respect |
| 7.  Diversity Grades K to 4 | <u>Diversity</u> Look at the people around you. Do you all like to do the same things after school? Do you eat the same foods and speak the same languages at home? Probably not! In this lesson, students will discover that they are part of a diverse community and learn why diversity is important. Vocabulary: activity alike common community different diversity identity language variety |
| 8.  Ruby Bridges & Bravery Grades K to 5 | <u>Bravery</u> Thomas Alva Edison is considered one of the most successful inventors. His inventions shaped the way we live today. In this lesson, students will learn the biography of Edison, including his most famous inventions and how perseverance helped him to succeed. Vocabulary: communication device experiment invention inventor modify patent phonograph telegraph |
| 9.  Thomas Edison & Grit Grades 1 to 5 | <u>Grit</u> In 1960, six-year-old Ruby Bridges changed history by becoming the first black child to desegregate an all-white elementary school by herself. This biographical video tells the story of how Ruby overcame many obstacles to integrate William Frantz Elementary School, showing great courage in the face of discrimination. Vocabulary: bold compassion confident courage determination guard integrate mob segregation Supreme Court |

Middle School [SEL Lesson Sequence](#)

| Order | Lesson | Synopsis |
|-------|---|---|
| 1. |  <p>Mindfulness & Meditation Grades 5 to 12</p> | <p><u>Mindfulness</u> Mindfulness is a practice and state of mind that involves noticing your thoughts and bodily sensations. Studies have shown that it can help increase focus, manage stress and avoid conflict. This Flocabulary video offers ways to incorporate mindfulness and meditation in the classroom. The video ends with a short meditation by artistic-wellness movement Kinetic VibeZ.</p> <p>Vocabulary: accept anxiety focus judge meditate mindfulness self-awareness stress tense</p> |
| 2. |  <p>What Is Stress? Grades 6 to 12</p> | <p><u>What is Stress?</u> We all feel stress in our daily lives—but what exactly is stress? In this lesson, students learn that our bodies are biologically wired to feel stress, and stress isn't always a bad thing, as long as we have healthy coping strategies in mind.</p> <p>Vocabulary: cope distress emotion eustress hormone strategy stress</p> |
| 3. |  <p>Self-Compassion Grades 2 to 8</p> | <p><u>Self-Compassion</u> This song is all about respecting, loving and accepting yourself! Self-compassion has been shown to decrease stress, boost happiness, improve body image and reduce the risk for depression and anxiety. Students will learn what self-compassion is and discover actionable strategies to help cultivate it within themselves.</p> <p>Vocabulary: acknowledge compassion humanity mantra mindfulness respect self-talk</p> |
| 4. |  <p>Active Listening Grades 4 to 8</p> | <p><u>Active Listening</u> If you're silent while someone else speaks, are you listening? Not necessarily! Active listening doesn't mean just letting someone else talk. It means participating in what they are saying and being an active part of the conversation. How do you do that? Check out this song and find out.</p> <p>Vocabulary: active listening expression eye contact follow-up interrupt paraphrase posture</p> |
| 5. |  <p>Growth Mindset Grades 4 to 12</p> | <p><u>Growth Mindset</u> Making mistakes can be frustrating. But you can learn from all of your mistakes, and actually get smarter after making them. Intelligence isn't fixed; it's malleable! When you have that attitude, you have a growth mindset. This song teaches you that if you want to improve in any part of your life, you need to know the value of making mistakes, working hard and believing that you can do anything.</p> <p>Vocabulary: activity analyze growth mindset hurdle learn mindset mistake neuron process</p> |
| 6. |  <p>Time Management Grades 4 to 12</p> | <p><u>Time Management</u> Struggling to balance a busy schedule? You can't make more time, and you can't slow time down, but what you can do is manage time. Time management means planning and exercising control over the amount of time you spend on specific activities. Need to study, practice a sport, see a friend and do your chores? First, take the time to listen to this song. It will help you manage the rest of your day!</p> <p>Vocabulary: consequence deadline estimate goal manage plan planner prioritize schedule task</p> |
| 7. |  <p>Anger Grades 6 to 12</p> | <p><u>Anger</u> Everyone feels angry sometimes—but it's important to find coping strategies to deal with this emotion instead of engaging in destructive behavior. In this lesson, students learn about the physical warning signs of anger and how they can express themselves in a healthy way.</p> <p>Vocabulary: abuse anger communicate conversation impaired regret stress trust</p> |
| 8. |  <p>Culture Grades 3 to 8</p> | <p><u>Culture</u> What makes a culture? Can different cultures affect each other? This lesson goes from New York City down to Houston, Texas, teaching you about the cultures of different communities and the different aspects of culture. It reminds you that the most important thing is to respect other cultures the way you respect yours.</p> <p>Vocabulary: culture custom diffusion economics language migration politics religion social structure tradition</p> |

9.



Goal Setting
Grades 6 to 12

Goal Setting

This song teaches criteria for setting and reaching goals using the SMART acronym. Students learn to set goals that are specific, measurable, actionable, realistic and time-based.

Vocabulary: deadline financial goal measure method plan realistic specific timely vague