Social Emotional Learning

(WHILE YOU WATCH TV SHOWS AND MOVIES)

While it's important not to spend all day in front of the TV or a tablet, a little screentime isn't bad AND you can do some social emotional learning while you watch together! Here are some questions you can talk about:

What were some of the choices that the characters made?

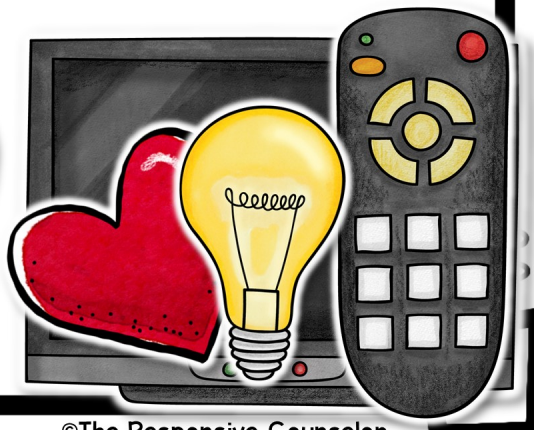
How do the characters feel? How can you tell what their feelings are?

Did any of the characters get really upset? What did they do to take care of or cope with their feelings?

Which characters were friends? How did they show friendship to each other?

Did the characters change at all during it? How? Why do you think the change happened?

What would you do differently if you were one of the characters?



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