



X I 4 B C A 8 B  
I AM STEM  
*presents...*



# WAKANDA FOREVER: BETTER TOGETHER

Tuesday, June 20, 2023

## Social-Emotional Development: Grief

**Opening:** What is grief? What did/does grief feel like for you? Does everyone grieve the same way?

### Materials:

- ❑ Video: [Festival of Children Foundation sharing what grief feels like](#)

### Discussion

What do you think about the video? How can we show support to those we care about who are grieving? How can we care for ourselves when we are grieving or struggling with loss?





X I 4 B C A 8 B  
I AM STEM

presents...



# WAKANDA FOREVER: BETTER TOGETHER

Wednesday, June 21, 2023

Social-Emotional Development: Emotional Regulation

## Social-Emotional Development

**Opening:** In Wakanda Forever we see Princess Shuri experience a lot of different and difficult emotions.

### Materials:

- ❑ On a sheet of paper, chose an emotion from the [Feelings Wheel](#) to complete the prompt below. Exchange your emotional regulation practices with someone around you.

**Discussion:** How can we use our community to help us through difficult feelings?

**Prompt:** When I feel \_\_\_\_\_, it helps when I \_\_\_\_\_.





X I 4 B C A 8 B  
I AM STEM  
*presents...*



# WAKANDA FOREVER: BETTER TOGETHER

Thursday, June 22, 2023

## Social-Emotional Development: Stress

**Opening:** What is stress? What does stress feel like for you?

### Materials & Instructions

- Color pencils
- [Print Managing Stress Worksheet & Color options](#)
- [Self-Management Video](#)

**Activity:** Color comfort (mindfulness)





X I 4 B C A 8 B  
I AM STEM  
presents...



# WAKANDA FOREVER: BETTER TOGETHER

Friday, June 23, 2023

## Social-Emotional Development: Values

**Opening:** Princess Shuri shows Namor mercy in the last battle.

*“Vengeance has consumed us. It will not consume our people.” - Princess Shuri*

**Materials:**



[Wellbeing For Children: Identity And Values](#)

**Journal Activity:** Describe the type of person you are working on becoming. What are some traits, qualities, or characteristics that you would like to improve and what are those you love about yourself?

