



ENCANTO

In June & July

"Good Trouble
Necessary Trouble"



Social Emotional Development

Monday, June 27, 2022



EVERYONE is Good at Something

Opening: Let's watch this video and discuss some ways to build our confidence and self-esteem.

❑ [Building Confidence](#)

Discussion: Confidence is believing in yourself and your abilities. When you are confident, it means you recognize the things you are good at and are happy to try new things too! Good Self-Esteem means you accept yourself and feel positive about yourself just the way you are.

There were many great ideas in this video about how to build our confidence and self-esteem.

Which one of these will you remember this week? Why?

1. Don't compare yourself to others
2. Things take practice so don't be hard on yourself
3. Turn down negative self talk
4. Set realistic goals
5. Keep trying and don't give up
6. Embrace constructive criticism
7. Believe in yourself and celebrate your differences



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Tuesday, June 28, 2022

How do we build ourselves up?



Opening: Yesterday we learned that confidence is like a muscle that we can work on to get stronger and stronger. Today we will work on building our confidence by highlighting some of our strengths. We will also think about one thing we want to get better at and come up with a plan to help us improve.

Activity: I Am Good At/I Want to Get Better At

1. Think of at least 3 things you are good at. Write or draw a picture to explain your skill.
2. Now, think of one thing you want to improve on. What are 3 small steps you can take to get better?



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Wednesday, June 29, 2022



We All Have Gifts

Opening: Watch this video clip and prepare to discuss

☐ [Encanto: Young Mirabel](#)

Discussion: In this clip, we see that young Mirabel does not get a “gift” like the rest of her family members and this makes her feel like she is not special. However, we have been learning that we all have something good to share with the world, even if we don’t know what it is yet! Today, we will begin thinking more about our own gifts by first figuring out our values, or what things are important to us.

Activity: What things are most important to you? Why do you value these things?



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Thursday, June 30, 2022



We All Have Gifts Part 2

Opening: Understanding our values, or what is important to us, can help us learn more about our own gifts and how we can make our communities better. Today we will continue learning about our values and how they help us understand our gifts.

Activity: Values-What is important to me?

VALUES: WHAT IS IMPORTANT TO ME?

This worksheet is to help you understand what is important to you. For each item, please fill or mark the circles on how important they are. Please be honest and take your time!

Very Important = ●●● Important = ●● A Little Important = ● Not Important = leave blank.



Having good grades



Being good in sports



Having fun



Being popular or famous



Have a lot of money



Have material goods



My religion



Being clean and organized



Being careful and safe



Being creative



Learning new skills & information



To keep trying and not give up



Able to do things on my own



Being responsible for my actions



Spending time with family



Having good friends



Being honest



Helping others



Being respectful & fair



Being thankful



Being able to forgive others

VALUES: WHAT IS IMPORTANT TO ME?

Thank you for completing the worksheet! We hope you learned something about yourself. Here are a few more questions to think deeper about your values!

A. Of all the values you marked as "Very Important", what are the top three most important to you?

1.) _____
Why is this value important to you?

2.) _____
Why is this value important to you?

3.) _____
Why is this value important to you?

B. Of all the values you marked as "A Little Important" and "Not Important", what are the top two least important to you?

1.) _____
Why is this value least important to you?

2.) _____
Why is this value least important to you?

C. Which values do you think your parents will choose as very important to them?

D. Which values do you think your close friend will choose as very important to them?



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Friday, July 1, 2022

Community Friday: What can you do for your community?

Opening: Watch this video clip and prepare to discuss John Lewis and how he used his gifts to help his community.

☐ [Who was John Lewis?](#)

Discussion: This week we talked about how we all have gifts, and we just saw how John Lewis used some of his gifts to help his community. What are some ways you can use your gifts to help your community?

