

YOU ASKED, WE LISTENED

The first set of refreshed Wellness videos is live

You told us you wanted more video options for upper-elementary students, so we've been updating our Wellness lessons with new content designed for this age group.

The first set is now live, with new videos being released each month as part of a staggered rollout. The cartoon videos that were replaced are still available in the Activity Library, giving you flexibility to choose the video that works best for your classroom.

Updated videos

Live on the platform today.

Me: My Compassionate Friend

Self-Care · Self Compassion · Grade 5

You Can Change It!

Self Management · Stress Management · Grade 5

My Values, My Choices

Awareness of Self and Others · Values · Grade 4

Stop. Think. Decide.

Self Management · Self-Control · Grade 5

Our School's Values

Awareness of Self and Others · Values · Grade 5

Emotions: Action!

Awareness of Self and Others · Emotions · Grade 4

Choices and Consequences

Social Awareness · Actions and Consequences · Grade 5

Be a Friend

Social Skills · Friendship · Grade 3

Check them out on the platform

[Watch the updated videos](#)

Tell us what you think

Your feedback helped shaped this set, and it will help shape the ones ahead.

[Share your feedback](#)