

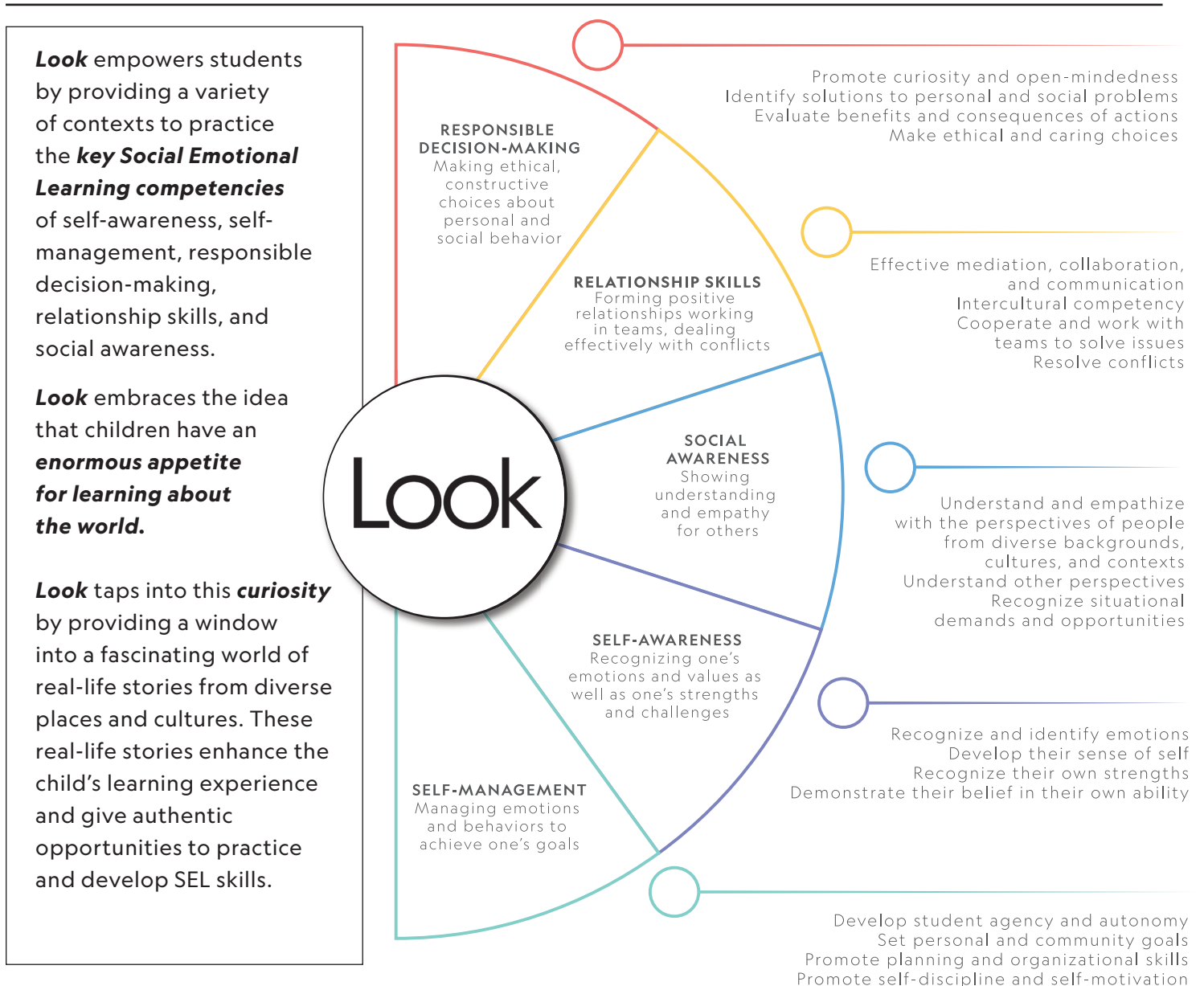
National Geographic Learning Programs for Young Learners and Social Emotional Learning (SEL)

At National Geographic Learning we create English programs that are inspiring, real, and relevant. We believe that learning is a way of living, and that students learn their world by experiencing it through the stories, ideas, photography, and video in our materials.

Our programs develop the skills needed to be confident in the classroom, and to navigate the world as a lifelong learner.

Because we teach English – and we teach the world.

To develop active global citizens, National Geographic Learning programs help young learners to **confidently apply social and emotional skills in English** through materials that feature global content, inspiring National Geographic Explorers, values instruction, and hands-on projects.



Here are some examples of how *Look* offers various opportunities through activities that help young learners develop their social emotional skills:

Self-Awareness (About Me) and Self-Management (Taking Care of Myself)

3 Reading

1 Look at the words. Listen and repeat. 1:17

calm worry grades

2 Listen and read. 1:14

ABOUT THE PHOTO
The girls in this photo are schoolchildren in their classroom doing yoga together. Yoga is becoming a more common practice in schools worldwide. People who support the idea that yoga is a benefit for children as it is for adults and brings with it important physical and mental benefits. Certainly, kids who practice it regularly have children keep healthy and healthy, but supporters also claim that yoga can help children be more aware of their emotions, focus better on academic work, and cope in stressful situations.

It isn't always easy to learn at school. When do you learn well? First thing in the morning? After you play on the playground? When you are hungry or after lunch? When you are tired? When you are sitting for a long time?
Children at Bronville Elementary School in the US do yoga. They say it's fantastic. It helps them to be calm and not to worry or get angry. And when they are calm, they get good grades on tests. They say it's good to do yoga because they can study and learn better.
Next time you want to learn well at school or study well at home, try yoga! It's quick and easy to do. You can do it on the playground or in your classroom, sitting at your desk! You can do it in fifteen minutes...or just two! Go on! Give it a try!

3 Read again. Write T (true) or F (false).

1. The children at Bronville Elementary School do yoga.
2. They don't like doing yoga.
3. Yoga can help you when you are angry.
4. Yoga isn't good before a test.
5. You must do yoga outside on the playground.
6. You can do some yoga if you only have two minutes.

4 Do you like doing yoga? Do you want to do it at school?

80 UNIT 8 Healthy Body, Healthy Mind

Look promotes self-awareness and self-management skills by helping students develop their sense of self, recognize their strengths and areas for improvement, confidently express their ideas, and understand their emotions, thoughts, and values. *Look* also promotes student agency and autonomy, as well as skills for self-discipline and self-motivation.

Relationship Skills (Working Together)

Let's Play! **4**

Schoolchildren in Niwara, Oman

Look at the photo. Answer the questions.
What can you see?
How are the girls feeling?
What colors do you see?

37

Look promotes relationship skills by focusing on skills related to mediation, collaboration, and communicating effectively, promoting intercultural competency, giving students chances to cooperate and work with teams to solve issues, and giving students the skills to resolve conflicts.

Making Decisions (Responsible Decision-Making)

BONUS School Trip

2 Watch the video. Check (✓) the activities you see. Video 16

1.
2.
3.
4.
5.
6.
7.
8.
9.

3 **PROJECT** Plan a week-long trip to New Zealand.
What are you going to pack?
What are you going to do each day?
What aren't you going to do?

4 Show the class your suitcase. Tell them about your adventure.

Look promotes responsible decision-making skills by fostering curiosity and open-mindedness, teaching skills for identifying solutions to personal and social problems, asking students to evaluate the benefits and consequences of actions, and giving students the skills to make ethical and caring choices about their own behavior.

Social Awareness (The World Around Me)

7 Video

1 Watch the video. Match. Video 6

1. AJ
2. Jessica and Tracy
3. Lara

A. **B.** **C.**

2 Watch the video again. Complete. There are two words you don't need. Video 6

breakfast chocolate pasta pizza salad soup strawberry

1. I like milkshakes... chocolate milkshakes are my favorite.
2. Sometimes I go out for breakfast with Mom and Dad.
3. I like chicken pho... it's a kind of soup with noodles and vegetables.
4. I like burgers and pasta, but my favorite is lahmacun.
5. You can buy it in the street. We eat it with salad.

Look promotes social awareness skills by giving students opportunities to understand and empathize with the perspectives of people from diverse backgrounds, cultures, and contexts, promoting the ability to understand other perspectives, and giving students the skills to recognize situational demands and opportunities.