

Stand UP! The Musical Film Series Episode 1
Thinking about the film through a lens of
emotional intelligence
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Discussion Questions

- What does the title Stand Up mean to you?
- Ian tells Stephanie not to stick it out but to stand up. What's the difference between standing up and sticking it out?
- Can you think of a time you chose to stand up for yourself or someone else? Discuss.
- Can you think of a time when you wish you had stood up for yourself or someone else? What would you do differently if you could?
- What does Stephanie do to "stand up" in this situation?
- Re-imagine Rhea's life with a more caring family. What do you think would be different for her now?
- Principal asks Rhea to find an outlet. What are some outlets for stress, anger or frustration that work for you?
- (18:55) Stephanie asks Rhea "What's going on at home?" We don't hear Rhea's answer. What might have happened between them. Finish the conversation.
- What are some emotion themes in this movie you might ask people to look for?

Creative Tasks

- Create a new scene for the movie.
- Refer to the song lyrics of Stand Up and Speak Out at the end of this document. (time stamp from movie)
 - How does this song make you feel? Provide 3 feeling words. (Define and give examples of feeling words for students)
 - Choose two lines from the song and connect them to a time in your life
 - How does the sound of musical instruments affect the mood during the movie?
 - What feelings does it bring out/ how does it make you feel

SEL Themes to Discover

Empathy

Definition: Empathy is about stepping into someone else's shoes and seeing things from their perspective and/or feeling what they feel. Empathy enables you to share another's emotional state temporarily.

Example: You walk into the kitchen and see a stack of dishes. It is your brother's turn to do the dishes today, but you know he has a big science project due tomorrow and is feeling very overwhelmed and stressed by the deadline. Stepping into his shoes at that moment, you feel his stress. You offer to do the dishes for him in order to help alleviate his stress.

Discussion: How does Ian help Stephanie build empathy towards Rhea and others?

Self-Awareness

Definition: Self-awareness is about paying attention to our own thoughts, emotions, and behavior, in order to know and understand ourselves better.

Example: In the hallway outside of your classroom, you see a few of your friends engaged in a conversation. As you are walking by them, they wave and you walk by them and sit in your seat. Then during

class, you can't focus on what the teacher is saying. You ask yourself "Why what's going on with me? Why can't I focus? What am I feeling??" You turn your attention to yourself. You realize you feel hurt and excluded because your friends waved at you rather than inviting you into the conversation.

Discussion: Can you think of a time when you felt like this? What can someone do when they feel hurt and excluded?

Emotion Regulation

Definition: Managing our emotions by using thought or action **strategies** to reach a specific **goal**. Action strategies can include taking a deep breath, sharing feelings with a friend, or taking a walk. Thought strategies can include talking to yourself in a positive way ("you can do this") or reframing the situation (maybe she's just having a bad day), be proactive (think it through in advance).

Example: You have to meet with an advisor who always triggers you. Before your meeting, you decide to take a walk and review what you will say to help ensure a positive outcome for your afternoon meeting. Then you get to the meeting and your advisor triggers you in a brand new way and you remind yourself to take a deep breath before responding. (You used a thought and action strategy).

Discussion: What are thought and action strategies that you use? How do you think emotion regulation helped Rhea be more respectful socially?

Emotion Contagion

Definition: "catching" someone's emotions; when a person's emotions and related behavior elicit similar emotions and behaviors in others.

Example: Someone approaches you in a very upbeat mood and a few minutes later you find that your mood has lifted.

Co-Regulation

Definition: Using your emotions, your tone of voice, or body language to help others regulate their emotions; a deliberate influence on another person's emotions.

Example: A child is frustrated and crying and you approach them with compassion and use your tone of voice, smiling face and slow cadence to help him calm down.

Think about these characters. Did they influence each others' emotions through emotion contagion, co-regulation or not at all?

Ian → Stephanie

Stephanie → Rhea

Rhea → Stephanie

Principal → Rhea

Mom → Rhea

Students in the hall with each other (Hope, Aubrey, Mean Girl, Phil, Football Player)

STAND UP AND SPEAK OUT
Music and Lyrics by Jill Nesi

*NOW'S THE TIME TO MAKE A CHOICE.
NOW'S THE TIME RAISE YOUR VOICE,*

STAND UP AND SPEAK OUT!

*TOO MANY TIMES WE LET IT GO.
TOO MANY TIMES IF ONLY WE HAD KNOWN,*

STAND UP AND SPEAK OUT!

*DON'T BE ASHAMED TO BE WHO YOU ARE,
DON'T BE AFRAID TO SPEAK FROM YOUR HEART.*

*NOW'S THE TIME TO MAKE A CHOICE.
NOW'S THE TIME RAISE YOUR VOICE, STAND UP AND SPEAK OUT!
TOO MANY TIMES WE LET IT GO.
TOO MANY TIMES IF ONLY WE HAD KNOWN, STAND UP AND SPEAK OUT!*

*NOW'S THE TIME TO MAKE A CHOICE.
NOW'S THE TIME RAISE YOUR VOICE, STAND UP AND SPEAK OUT!
TOO MANY TIMES WE LET IT GO.
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STAND UP AND SPEAK OUT.*