

# Friday's SEL Lesson

## *Community Circle*



# The Circle *Process*

## *1. Ice breaker*

We will start by building connections to start opening up to each other.

## *2. Storytelling*

Then, we will do an activity to start piercing the surface.

## *3. Get personal*

After, we will explore problems and get more comfortable.

## *4. Reflections*

Finally, we will reflect, appreciate, and check-out to wrap it up.

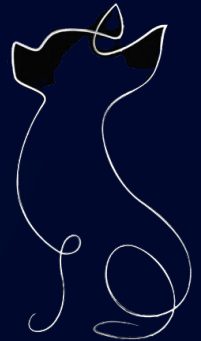
# Building

# Connections



## Icebreaker: Rock, Paper, Scissors Tournament

- Get into a circle. Play 1 round of rock-paper-scissors with the person to your left or right.
- If you lose, you go back to your seat.
- After everyone is finished with the first round, the remaining students will play rock-paper-scissors against each other.
- Continue this process, and see who's the winner!
- Teachers can play.



# Piercing the *Surface*



Watch the video and discuss the following question as a class:

How much social media is too much?



01

Whole Class  
Circle

02

Small Groups  
Circle



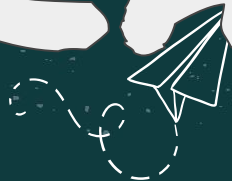
# CHOICE BOARD

03

Turn and  
Talk-Whole  
Class Share out

04

Blend Course  
Discussion  
Wall



# Delving Deeper

## *And Reflecting*

### *Full Class Circle*



Have you or someone you know ever felt addicted or overly attached to social media?

-or-

Does social media give an accurate representation of your life? Explain.

#### Instructions:

- Pick a prompt to respond to.
- In the circle, pass around the talking piece clockwise.
- Everybody will go around the circle and answer the prompt. If you don't want to speak, say pass and pass the talking piece to the next person.

# Delving Deeper

## *And Reflecting*

### *Small Group Circle*



Have you or someone you know ever felt addicted or overly attached to social media?

-or-

Does social media give an accurate representation of your life? Explain.

#### Instructions:

- Break into small groups of 6-8 people and form a circle.
- Find a simple talking piece (a pencil, a book, a ball) for each circle.
- Each circle will choose a prompt.
- Everybody will go around the circle and answer the prompt. If you don't want to speak, say pass and pass the talking piece to the next person.

# Delving Deeper

## *And Reflecting*

### *Turn and Talk*



Have you or someone you know ever felt addicted or overly attached to social media?

-or-

Does social media give an accurate representation of your life? Explain.

### Instructions:

- Return to your seats.
- Pick a prompt to respond to as a class.
- Respond to the prompt in pairs, turning to the person closest to you. The oldest person shares first.
- Take turns sharing what you've discussed with the rest of the class.



# Delving Deeper

## *And Reflecting*

### *Blend Discussion Wall*



Have you or someone you know ever felt addicted or overly attached to social media?

-or-

Does social media give an accurate representation of your life? Explain.

#### Instructions:

- Teacher: Import this [discussion post](#) and post it on your advisory BLEND.
- Take 2-3 minutes to respond to the post.
- Then, take another few minutes to read student submissions. You can reply if you would like to.