

# Friday's SEL Lesson

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Friday, November 4<sup>th</sup>



# 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.*

Time for a...  
**Check-in!**



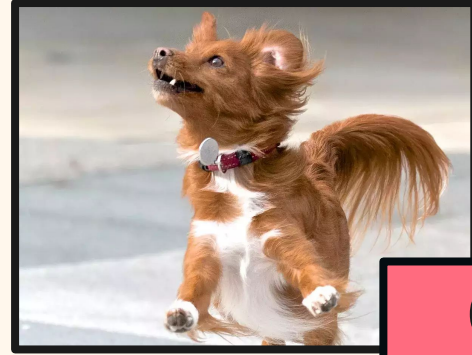
Use your fingers to show the number of the picture that represents your current mood



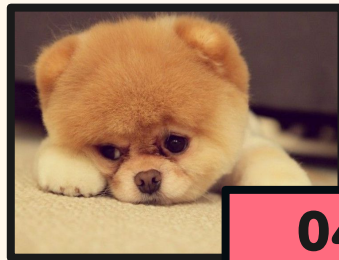
01



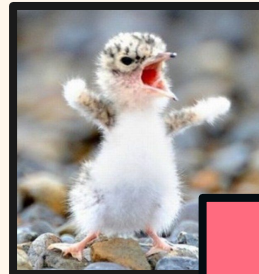
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03



04



05



## Introduction:

**For the month of November, we will be addressing suicide awareness. Please reach out to a teacher privately if you feel you will need a safe space to go during these lessons.**



## Hotlines:

**National Suicide Prevention - 988**  
**Crisis Text Line - Text HOME to 741741**  
**(These two are on the back of your**  
**student ID badge!)**

**Austin Travis County Integral Care**  
**512-472-4357**

# Choice Board

*Prompt: Why is suicide awareness important?*

2

Small Groups

3

Turn-and-Talk  
&

Whole Class Circle

1

Whole Class  
Circle

4

Blend  
Discussion  
Wall

# Delving Deeper & Reflecting

## Full Class Circle!

*Prompt: Why is suicide awareness important?*

### *Instructions:*

- In a 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 & Reflecting

## Small Groups!

*Prompt: Why is suicide awareness important?*

### *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 & Reflecting

## Turn-and-Talk!

*Prompt: Why is suicide awareness important?*

### *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 & Reflecting

## Blend Discussion Wall!

*Prompt: Why is suicide awareness important?*

### *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.