

# Friday's SEL Lesson

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Friday, November 11<sup>th</sup>



# IT'S TIME FOR ACADEMIC UIL!!

UIL is a district-wide competition, held each Spring, in which all AISD Middle Schools will compete against each other in a number of Academic events.

**UIL is a great way to focus on a subject area you love and compete for your school!**

Tryouts & Practices will start the last week of November.

The District Competition will be held in April.

## Events In This Year's Competition

6th Grade Spelling

7th Grade Number Sense

7th & 8th Grade Ready Writing

8th Grade Social Studies

**If you are interested in trying out for Academic UIL go to the web link below to sign up or come talk to coach Murray in Room 708 by Friday November 18th.**

**<https://tinyurl.com/GMSUIL22>**

# 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.*

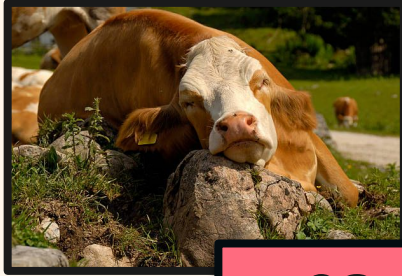
Time for a...  
**Check-in!**



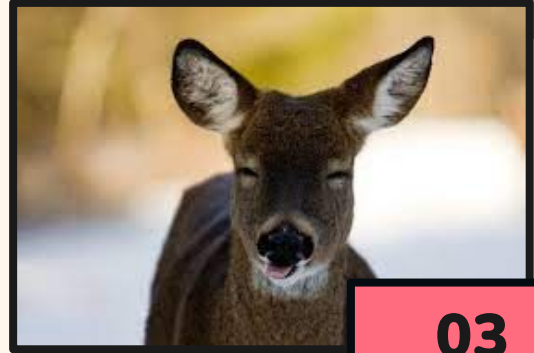
Use your fingers to show the number of the picture that represents your current mood



01



02



03



04




05



# Before we begin...

**Let's take 3 minutes to turn-and-talk  
about some questions!**

- 1. Is there a teacher you trust in this school?**
  - 2. What can we, as students, do to help each other feel more comfortable in school?**
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## Announcement:

**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.**

# Joking VS. Serious - Signs

Suicide is not a “cool” concept to joke about. Instead, it can be disrespectful to people with a history of suicidal ideation. However, joking about this topic is very common, and for some people, it can also be a coping mechanism.

Some ways to tell if someone is *serious* about suicide-

- Jokes targeted directly at the speaker, making them the center of the joke
- Expressing less emotion
- Actively discussing ways to die by suicide
- Talking about feeling trapped or in unbearable pain
- Sleeping too little or too much
- Showing rage or talking about seeking revenge
- Withdrawing or feeling isolated
- Displaying extreme mood swings
- Peaking interest in harmful activities

“I FEEL LIKE  
DEATH”

“KMS”

“KILL ME”

“I’M GOING  
TO DIE”



# Choice Board

Prompts: How can you tell if someone is joking or serious about their thoughts?

1

Whole Class  
Circle

2

Small Groups

3

Turn-and-Talk  
&  
Whole Class Circle

4

Blend  
Discussion  
Wall

# Delving Deeper & Reflecting

## Full Class Circle!

*Prompt: How can you tell if someone is joking or serious about their thoughts?*

### *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: How can you tell if someone is joking or serious about their thoughts?*

### *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.
- 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: How can you tell if someone is joking or serious about their thoughts?*

### *Instructions:*

- *Return to your seats.*
- *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: How can you tell if someone is joking or serious about their thoughts?*

### *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.