

Friday's SEL Lesson

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Friday, November 18th



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



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.**

How to ask for help on a deeper level

Suicide can be a hard topic to ask for help about. However, one of the best things anyone can do is to ask for help when you realize you need it. Help can come from many different sources including parents or caregivers, therapists, doctors, or guidance counselors. If you decide to help others with their issues, be careful and figure out your limits.



Sometimes, asking an adult for help can be too much. Instead, people in crisis will sometimes reach out to friends.

If a friend tells you that they need help but don't know how to ask for it, you can help them. Encourage them to ask for help, offer to ask for help with them, or let a trusted adult know.

AISD and GMS HELP:

Remember that you can always report a concern to your counselor or assistant principal confidentially.

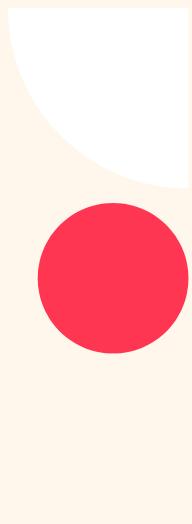
If you feel more comfortable doing it anonymously, you can report it through AISD here:

<https://www.k12insight.com/Lets-Talk/DialogueCustom.aspx?k=WF4B4ZLT@DY8NXR9LT>



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

Resources:

<https://www.bark.us/blog/top-10-suicide-prevention-resources/>

Prompts to pick from:
What is a way you let out
your feelings?
-{OR}-
If it is possible, how
would you let others
know you need help?

1
**Whole Class
Circle**

Choice Board

2
Small Groups

3
**Turn-and-Talk
&
Whole Class Circle**

4
**Blend
Discussion
Wall**

Diving Deeper & Reflecting

Full Class Circle!

Prompts: What is a way you let out your feelings?

-{OR}-

If it is possible, how would you let others know you need help?

Instructions:

- Have the class vote on a prompt to answer.
- In a circle, pass around the talking piece clockwise.
- Everybody will go around the circle and reply to the chosen prompt. If you don't want to speak, say pass and pass the talking piece to the next person.

Diving Deeper & Reflecting

Small Groups!

Prompts: What is a way you let out your feelings?
-{OR}-

If it is possible, how would you let others know you need help?

Instructions:

- Have the students vote on a prompt to answer.
- 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.

Diving Deeper & Reflecting

Turn-and-Talk!

Prompts: What is a way you let out your feelings?
-{OR}-

If it is possible, how would you let others know you need help?

Instructions:

- Have the students vote on a prompt to answer.
- Students, return to your seats.
- Respond to the prompt in pairs, turning to the person closest to you. The person who woke up the earliest shares first.
- Take turns sharing what you've discussed with the rest of the class.

Diving Deeper & Reflecting

Blend Discussion Wall!

Prompts: What is a way you let out your feelings?

-{OR}-

If it is possible, how would you let others know you need help?

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 may reply.



Resources for additional help

[Google Form link HERE](#)

[Link to other resources HERE](#)
(this may be added in future weeks, as this is generally important)