



Friday's Sel Lesson

Friday, December 2nd

Circle Process

01

Ice Breaker

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



02

Storytelling

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

03

Get Personal

After, we will explore problems and get more comfortable



04

Reflections

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

Find 10 things in common

Instructions:

The class will either vote on working as a whole class or in groups. After, the class or groups will get a piece of paper (you should already have a pencil). Everyone will have 1 minute and 30 seconds to find 10 things you both have in common. Hold up your paper if you find 10 things in common. Easy ones like "We both have hands" or "we both or all are boys" are not allowed. First one to hold up your paper wins!

What is Stress?

Stress is the change in an individual body, causing physical, emotional, or psychological tension to the body. Everybody reacts and copes with stress differently.

How does stress influence the body?

When the body feels threatened, the nervous system releases stress hormones, including adrenaline and cortisol. This helps wake up the body into emergency action.

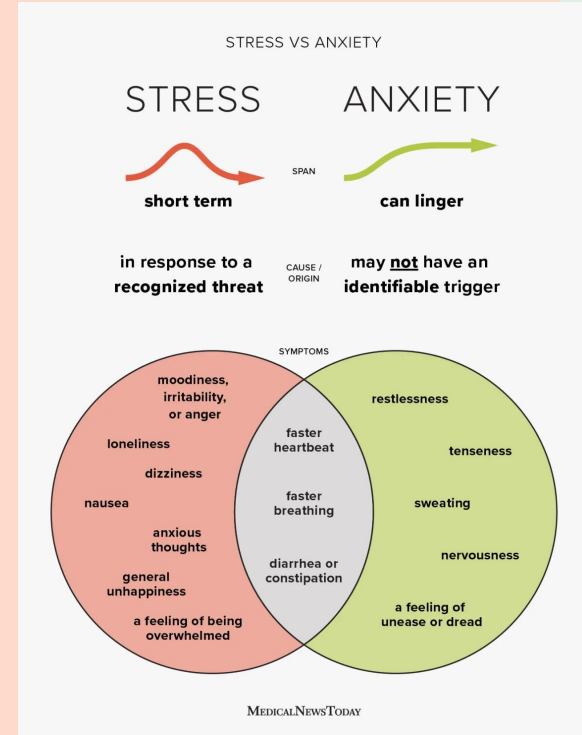
3 different type of stress

There are 3 different types of stress:

Acute Stress- result from starting a new or challenging situation. Classified as a short-term problem.

Episodic Acute stress- result from acute stress happening frequently.

Chronic Stress- result from stress hormones continuing from long periods of time.



Symptoms of the types of stress-

Acute stress:

- Pupil dilation
- Heart rate increasing
- Temperature rising
- Quick and heavy breathing
- Anxiety
- Poor sleep

Episodic Acute stress:

- Muscle tension
- Feeling overwhelmed
- Uncontrolled anger
- irritation
- Migraines
- Hypertension

Chronic Stress:

- Weight Gain(stress eating)
- Insomnia
- Panic attacks
- Chronic headaches
- Emotional fatigue

Choice Board

#1

Whole class circle

#2

Small groups

Prompt:

What do you do when
you are stressed?

#3

Turn & Talk

#4

Blend Discussion
Wall

Diving Deeper & Reflecting

Full Class Circle!

Prompt: What do you do when you are stressed?

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!

Prompt: What do you do when you are stressed?

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!

Prompt: What do you do when you are stressed?

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!

Prompt: What do you do when you are stressed?

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.