



# Friday's Sel Lesson

Friday, December 9th

*Suicide Prevention -Follow Up  
from Pals-Look at this on your  
own time!*

[https://docs.google.com/presentation/d/1fsb0Yn4TKaxqtauFdSU1l1pi0o\\_yyOT7IZu5YmPV-o/edit?usp=sharing](https://docs.google.com/presentation/d/1fsb0Yn4TKaxqtauFdSU1l1pi0o_yyOT7IZu5YmPV-o/edit?usp=sharing)

# 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

# ~☆☆☆☆TALL TALES

## Instructions:

*The class will create and add on to an ongoing story.*

- 1. The starting student will create a sentence starting with the words "On a hot summer day,"*
- 2. The next students will each add on one sentence. Nobody can go twice.*
- 3. Continue until every student has gone once, or for 5 minutes, see how far the class gets!*
- 4. Teachers create an ending statement.*

# What Triggers Stress?

*Many different aspects in day to day life can trigger stress in teens. Some examples of these would be academic, social, family discord, world events, traumatic events, and significant life changes.*

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# Common stress triggers

Academic stress is very relevant in teens. The pressure to keep up good grades and test scores by parents, teachers, and peers can have a huge impact on students' feelings.

Teens value their social life and the standards that come with that. Social stress could be peer pressuring or cyberbullying. Now in today's society, social media has become a big part of many people's lives and feelings.

Family discord is anything that can impact the family, will impact the teen. Marital problems, sibling bullying, illness in family, and financial stress can play apart in a teen's stress.

World events like school shootings, and natural disasters can worry a teen. Students usually hear bits and pieces of the news and some of that can stress them out, worrying about the safety of them and their loved ones.

Traumatic events like death of a loved one, accidents, sickness, and abuse have a long-lasting effect on a teen's stress levels. 10% of teens have reported toxic relationships but can affect many more.

Moving, changing schools, and divorce are significant life changes that make it hard for a teen to learn how to deal with it. These types of changes can affect the development of teens, overwhelm and confuse them too.

# Choice Board

#1

Whole class circle

#2

Small groups

Prompt:

When was a recent time you became stressed?

#3

Turn & Talk

#4

Blend Discussion  
Wall

# *Diving Deeper & Reflecting*

## *Full Class Circle!*

Prompt: When was a recent time you became stressed?

### **Instructions:**

- In a circle, pass around the talking piece clockwise.
- Everybody will go around the circle and reply to the 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: When was a recent time you became stressed?

### 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.

# Diving Deeper & Reflecting

## Turn-and-Talk!

Prompt: When was a recent time you became stressed?

### Instructions:

- 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: When was a recent time you became 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.