



# Friday's Sel Lesson

Friday, December 16th

# 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

→ Pick the picture that describes your mood!



1



2



3



4



5

# • How to manage stress

- *Take care of yourself- eat healthy, exercise, and get plenty of sleep.*
- *Take deep breaths when you are stressed*
- *Avoid excessive alcohol, tobacco, and other substances*
- *Managing social media time*
- *Journal*
- *Read*
- *Make or do hobbies you like*

# Choice Board

#1

Whole class circle

#2

Small groups

Prompt:

What do you do  
when you see  
someone  
stressed?

#3

Turn & Talk

#4

Blend Discussion  
Wall

# *Diving Deeper & Reflecting*

## *Full Class Circle!*

Prompt: What do you do when you see someone 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: What do you do when you see someone 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: What do you do when you see someone stressed?

### Instructions:

- 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 see someone 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.