

The background is a light gray with a repeating pattern of stylized rainbows in various colors (red, orange, yellow, green, blue, pink), small green clouds, and colorful confetti dots. The text is centered in the middle of the image.

Friday's SEL Lesson

January 13

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



Ice-Breaker Turn and Talk!

**What did you do during
your winter break?**

(3-5 minutes)

The background is a light cream color, decorated with various whimsical elements. There are several rainbows in different colors (red, orange, yellow, green, blue, pink) scattered around the edges. Some are complete arches, while others are partial. There are also stylized green and blue clouds, and clusters of small, colorful dots (pink, green, blue, orange) in the corners and along the sides.

What are goals?

A goal is a desired achievement that a person or group desire.



Different types of goals

SMART Goal- Smart goals are specific and measurable

Short-Term Goal- a goal that can be achieved by the end of the day, week, or month

Long-Term Goal- a goal that can be achieved in several months, year, or decades

Interpersonal Goal- goals focused on social skills and relationships

Career Goal- goals that focus on professional life

Academic Goal- goals that focus on education and academic career

Stretch Goal- goals that take significantly effort or risk

Finance Goal- goals focused on financial situation

Choice Board

01

Whole Class Circle

03

Turn & Talk

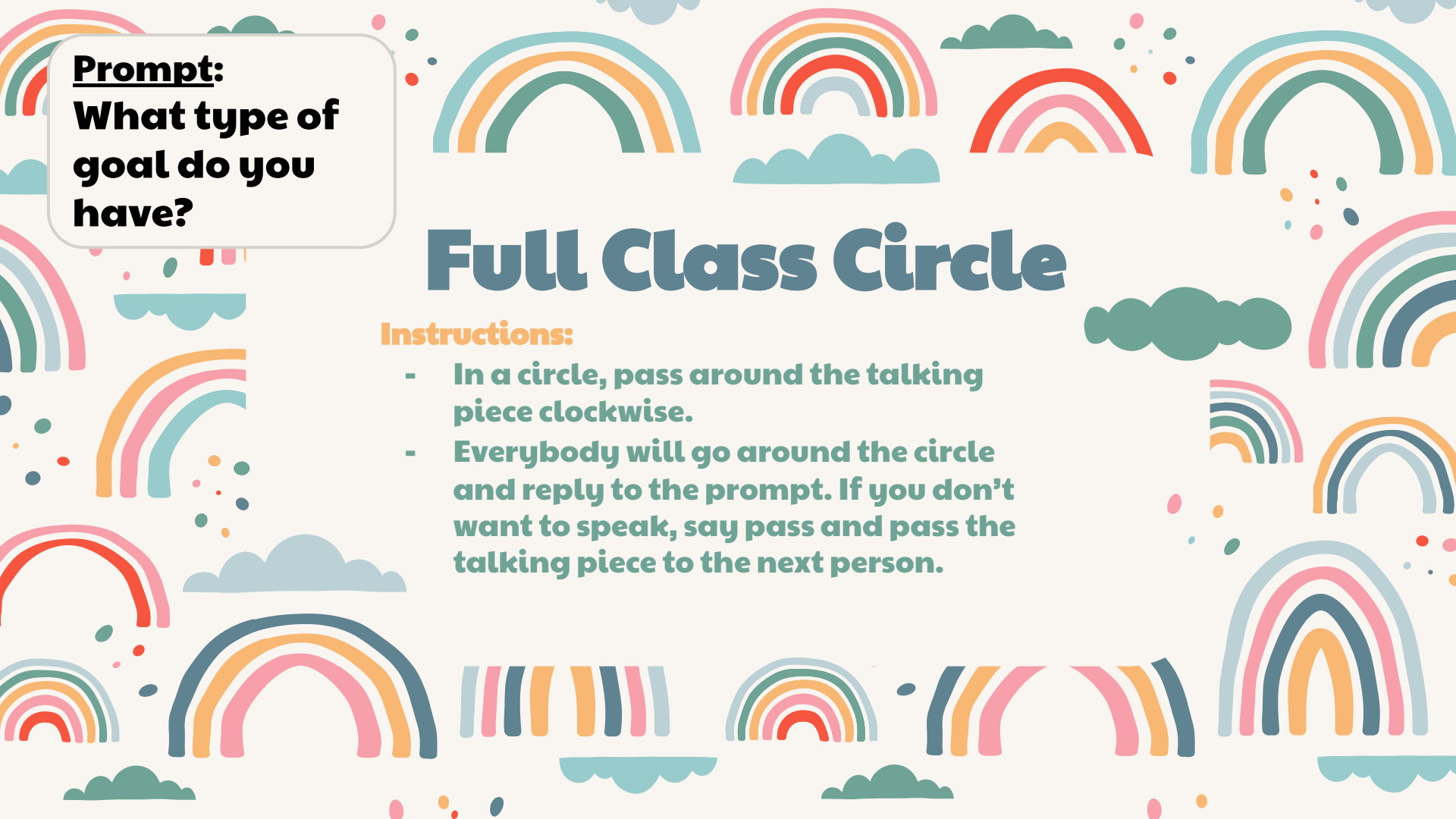
02

Small Groups

04

Blend Discussion Wall

**Question(s)
here-
What type of
goal do you
have?**




Prompt:
What type of goal do you have?

Full Class Circle

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.




Prompt:
What type of goal do you have?

Small Groups

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.


The background of the entire slide is decorated with a repeating pattern of stylized rainbows in various colors (blue, orange, pink, green, yellow) and simple, fluffy clouds in shades of blue and green. Small colored dots are scattered throughout the background.

Prompt:
What type of goal do you have?

Turn-and-Talk

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.

The background of the entire slide is decorated with a repeating pattern of stylized rainbows in various colors (red, orange, yellow, green, blue, purple) and soft, fluffy clouds in shades of blue and green. Small colorful dots are scattered throughout the design.

Prompt:
**What type of
goal do you
have?**

Blend Discussion Wall

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.

Future Ready Days at GMS

Austin ISD's College, Career and Military Readiness Department is sponsoring **Future Ready Days** on the first Friday of each month.

January 20th*: **The Future's So Bright** - Wear sun hats and shades!

**not actually the 1st Friday of January*

February 3rd: **Dress Like Your Favorite Teacher** - Be their doppelganger!

March 3rd: **Dream Big** - Wear your favorite cozy PJ's to school!

April 7th: **Armed Services Day** - Wear your military swag (no weapons)

May 5th: **Clean Up Your Act** - Wear scrubs to school



**Let's display our Future Ready culture in Austin ISD...
and have some fun!**

