

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

Friday's SEL Lesson

January 27



Holocaust Remembrance Day

Holocaust Remembrance Day, also known by its Hebrew name Yom HaShoah, is today and a time meant for reflection of the events of the Holocaust, which killed millions of Jews in systematic and cruel ways. We are commemorating here in Excel.

Under the direction of German Führer Adolf Hitler, the Nazis controlled large sections of Europe during World War II and operated numerous death camps. Six million Jews were methodically murdered, as well as hundreds of thousands of Roma, homosexuals, disabled people, political opponents and other victims. These people were shot, starved, gassed and tortured.



On the next slide, you will see some quotes about
the Holocaust.

As you read them, think about which one most
resonates with you.

Despite everything, I believe that people are really good at heart.

--Anne Frank, a Holocaust victim who hid from the Nazis for more than 2 years before being sent to a death camp.

I swore never to be silent whenever and wherever human beings endure suffering and humiliation. We must always take sides. Neutrality helps the oppressor, never the victim. Silence encourages the tormentor, never the tormented. Sometimes we must interfere.

--Holocaust Survivor, Elie Wiesel

For the survivor who chooses to testify, it is clear: his duty is to bear witness for the dead and for the living. He has no right to deprive future generations of a past that belongs to our collective memory. To forget would be not only dangerous but offensive; to forget the dead would be akin to killing them a second time.

--Holocaust Survivor, Elie Wiesel

For your benefit, learn from our tragedy. It is not a written law that the next victims must be Jews. It can also be other people. We saw it begin in Germany with Jews, but people from more than twenty other nations were also murdered.

--Simon Wiesenthal, Death Camp Survivor

For evil to flourish, it only requires good men to do nothing.

--Simon Wiesenthal, Death Camp survivor

First they came for the socialists, and I did not speak out—because I was not a socialist. Then they came for the trade unionists, and I did not speak out—because I was not a trade unionist. Then they came for the Jews, and I did not speak out—because I was not a Jew. Then they came for me—and there was no one left to speak for me.

--Martin Niemoller, Lutheran Pastor

Meet in a group with people who selected the
same quote you did.

Meet with them in the part of your room that you
teacher directs you too.

Talk about why you picked this quote

Be prepared to share with the whole group.

Let's have a moment of silence for the victims of the Holocaust.



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

Would you rather...

**Would you rather have a
time machine or a
teleporter?**

**Share your answer with the people
around you!**

(3-5 minutes)



How to Maintain Goals

Now that you have learned what goals are and how to set them, you will learn how to maintain the goals you placed.



Maintaining goals

- 1) *Remove distractions that aren't related to your goal- this can stir you away from your goal/s*
- 2) *Don't multitask- this can ruin your productivity level*
- 3) *Make your goals equal to your with your core goals- when your goals and values align, you feel a sense of satisfaction*
- 4) *Do the important things first- figure out 2-3 tasks that will lead you to you goal*
- 5) *Review your goals daily- make a vision board*
- 6) *Use a planner to keep track- use the SMART goal method*
- 7) *Practice focusing- try meditating, or doing the Pomodoro technique*

Choice Board

01

Whole Class Circle

03

Turn & Talk

02

Small Groups

04

Blend Discussion Wall

**Question here-
How many
goals have you
achieved this
year so far**

The background of the entire slide is decorated with various colorful rainbows in shades of blue, orange, pink, and green, along with stylized clouds and small colored dots.

Prompt:
How many goals have you achieved this year so far

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:
How many goals have you achieved this year so far

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 various colorful rainbows in shades of blue, orange, pink, and green, along with stylized clouds and small colored dots. In the top-left corner, there is a white rounded rectangle containing the prompt text.

Prompt:
How many goals have you achieved this year so far

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 (orange, yellow, green, blue, pink) and simple, fluffy clouds in shades of blue and green. Small colored dots are scattered throughout the design.

Prompt:
How many goals have you achieved this year so far

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.

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!**

