

Friday's SEL Lesson

Week 5





February is Black History Month

This week, before we start talking about relationships, we're going to take a look at some great people in African American history

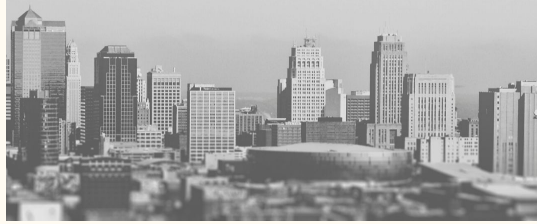


Frederick Douglas was born into slavery and became an abolitionist, speaker, writer, statesman, and advocate for women's suffrage.

[Read more here.](#)

Each person must live their
life as a model for others.

-Rosa Parks



Rosa Parks was a civil rights activist; known particularly for refusing to give up her seat in the “colored” section of the bus once the “white” section was full. She was part of the Montgomery bus boycott and fought throughout her life for civil rights.

[Read more here.](#)

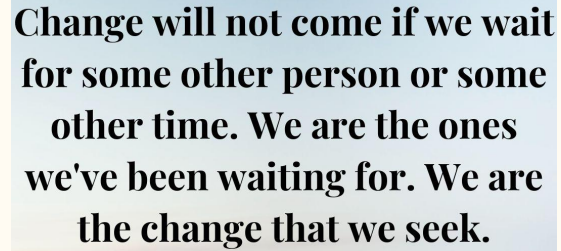
Imagine what a
harmonious world could
be if every single person,
both young and old,
shared a little of what he is
good at.

–Quincy Jones



Quincy Jones is a legendary American music producer, composer, songwriter, and musician. He has been behind some of the greatest hits of the 20th and 21st centuries.

[Learn more here.](#)



**Change will not come if we wait
for some other person or some
other time. We are the ones
we've been waiting for. We are
the change that we seek.**

Barack Obama

Barack Obama was the first African American president of the United States. He has also practiced civil rights law, served as a U.S. senator, and written several books.

[Learn more here.](#)



*Never be limited by other people's
limited imaginations.*

- Dr. Mae Jemison -

Dr. Mae Jemison was the first black woman in outer space. She is also an engineer and physician. Dr. Jemison has authored several books for adults and children.

[Learn more here.](#)

“

I can accept failure,
everyone fails at
something. But I can't
accept not trying.

—
MICHAEL JORDAN

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Michael Jordan is a professional basketball legend and current NBA and NASCAR team owner. MJ was the inspiration for Nike's Jordan and Jumpman brands. He was awarded the Presidential Medal of Freedom in 2016.

[Read more here.](#)

I can't' are two words that have
never been in my vocabulary. I
believe in me more than
anything in this world.

-Wilma Rudolph



Wilma Rudolph was an Olympic gold medalist and world record holding sprinter. She overcame multiple childhood illness, including polio and partial paralysis to do so. Ms. Rudolph is enshrined in multiple sports halls of fame and worked for on many non-profit causes.

[Learn more here.](#)

Circle Process



01 ⇒ Ice Breaker

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



03 ⇒ Get Personal

After, we will explore problems and get more comfortable



02 ⇒ Storytelling

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



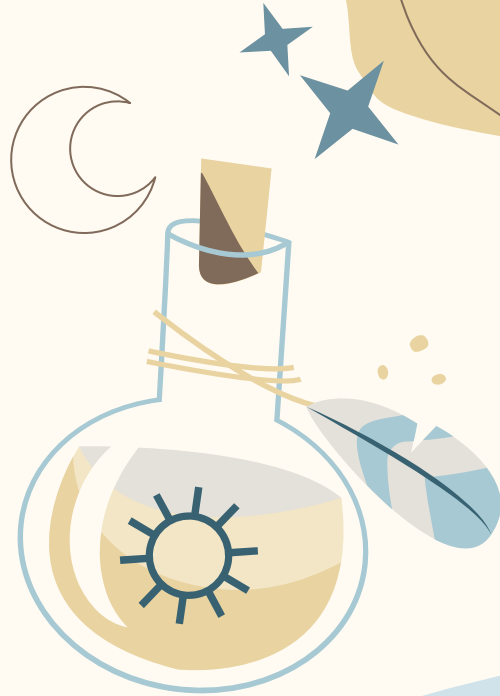
04 ⇒ Reflections

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

Ice-Breaker

Would you rather...

go without TV or
candy for the rest of
your life?



Types of Relationships

Work

A relationship with the people you meet at places in work and/or school, but ones that aren't usually by choice.

Romantic

A relationship with someone which can be called deep and strong friendship, often only for certain specific people.

Familial

A relationship with people in your family, such as your parents or your siblings

Platonic

A relationship with someone which often manifests as friendship



Choice Board

01

Whole Class Circle

02

Small Groups

Prompt:

What type of
relationship do you
have with the person
closest to you?

03

Turn & Talk

04

Blend Discussion Wall

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 relationship
do you have with the
person closest to you?



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.



Prompt:

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