

# Friday's SEL Lesson

Week 6



# STUDENT COUNCIL IS RECRUITING FOR 2022!

Student Council is a 7th/8th grade student leadership elective for students who...

- ✗ Want to help GMS grow as a community and school
- ✗ Want to take on a leadership role at GMS
- ✗ Want to represent their grade level
- ✗ Want to become better students, leaders, and community members!

To apply, go to **[tinyurl.com/GMSStuco2023](https://tinyurl.com/GMSStuco2023)** and apply by this Friday, 2/24!



# February is Black History Month

This week, before we start talking about relationships, we'll read a poem by the late Maya Angelou and have an opportunity to submit your favorite songs by African American Arts for our GMS Black History Month playlist.

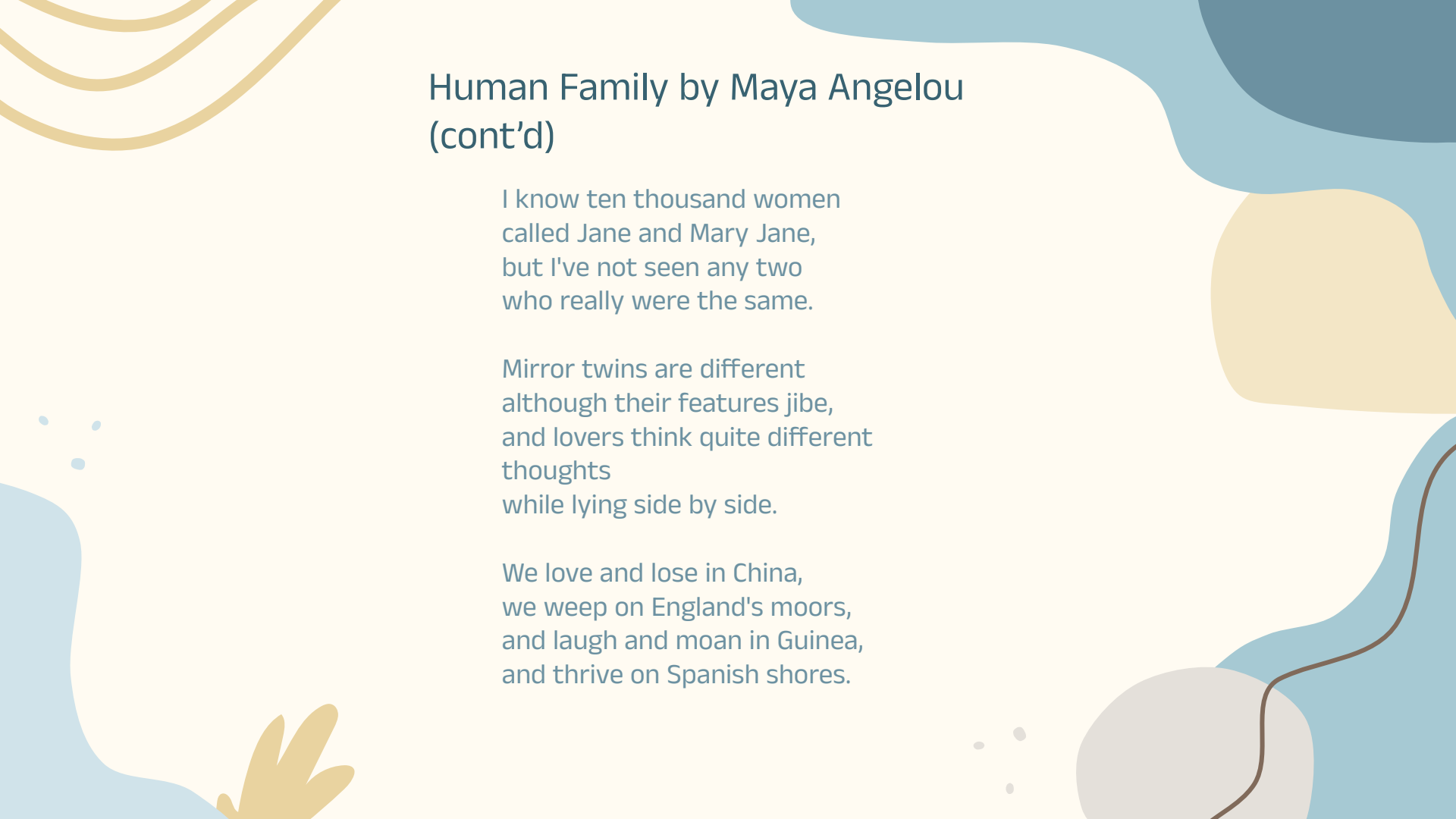
## Human Family by Maya Angelou

I note the obvious differences  
in the human family.  
Some of us are serious,  
some thrive on comedy.

Some declare their lives are lived  
as true profundity,  
and others claim they really live  
the real reality.

The variety of our skin tones  
can confuse, bemuse, delight,  
brown and pink and beige and purple,  
tan and blue and white.

I've sailed upon the seven seas  
and stopped in every land,  
I've seen the wonders of the world  
not yet one common man.



## Human Family by Maya Angelou (cont'd)

I know ten thousand women  
called Jane and Mary Jane,  
but I've not seen any two  
who really were the same.

Mirror twins are different  
although their features jibe,  
and lovers think quite different  
thoughts  
while lying side by side.

We love and lose in China,  
we weep on England's moors,  
and laugh and moan in Guinea,  
and thrive on Spanish shores.

## Human Family by Maya Angelou (cont'd)

We seek success in Finland,  
are born and die in Maine.  
In minor ways we differ,  
in major we're the same.

I note the obvious differences  
between each sort and type,  
but we are more alike, my friends,  
than we are unlike.

We are more alike, my friends,  
than we are unlike.

We are more alike, my friends,  
than we are unlike.

# Black History Month Playlist

Submit your favorite songs (2 max) to be added to our Spotify playlist “GMS African American History Month”

<https://forms.gle/LtY2jCNYNz2EWcXS8>

# 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



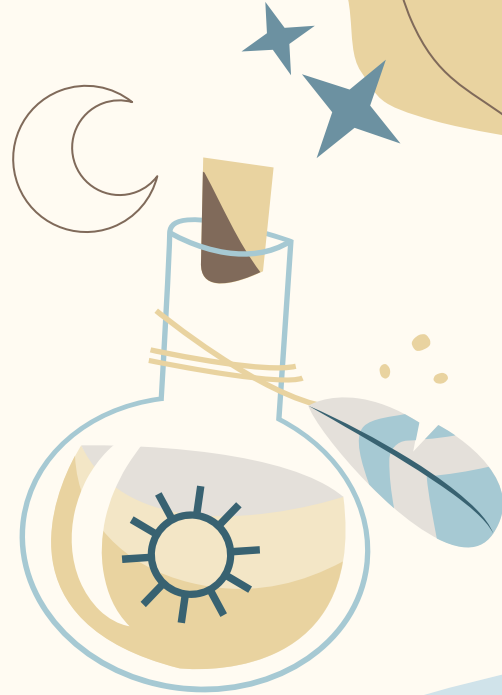
## 04 ⇒ Reflections

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



# Ice-Breaker

How was your  
Valentine's Day?



# "Dos and Don'ts"

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## Some 'Do's' are...

- Clear communication
- Establishing boundaries
- Honesty
- Be supportive
- Maintain your friendships
- Learn from your past mistakes

## Some 'Don'ts' are...

- Lying
- Taking the other for granted
- Letting the other do things you are not comfortable with, and vice versa
- Do not let them control your actions
- Do not hold old grudges



# Choice Board

01

Whole Class Circle

02

Small Groups

Prompt:

What would you would  
add to the list of do's  
and/or don'ts?

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 would you would add  
to the list of do's and/or  
don'ts?



# 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:

What would you would add  
to the list of do's and/or  
don'ts?

