

The background of the slide is a light pink color with a pattern of stylized tropical leaves. The leaves are drawn with white outlines and are in various shades of pink and purple. Some leaves are solid, while others are just outlines. The pattern is dense and covers the entire background.

# Friday's SEL Lesson

4/21/23

# 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

# Circle Process

## Ice Breaker

**Option 1**

**Whole Class  
Circle**

**Option 2**

**Small Group**

**Option 3**

**Turn and  
Talk with a  
Partner**

# Ice Breaker

**Pick one ice breaker to do**

**Ice breaker 1: Would you rather have no arms or no legs?**

**Ice breaker 2: introduce yourself saying your name backwards.**



**TRUE OR FALSE**

**TRUE OR FALSE**

**BULLYING AND  
TEASING ARE THE  
SAME EXACT THING  
AND THERE ARE NO  
DIFFERENCES.**

**FALSE**

# Introduction to Bullying

## **BULLYING VS. TEASING**

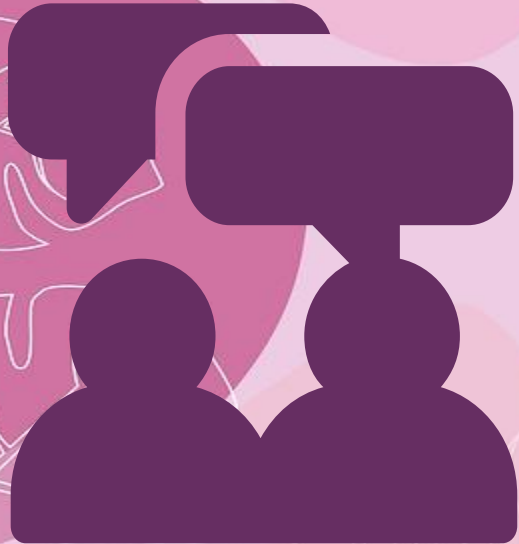
### **Bullying**

**Bullying is when the same person repeatedly hurts, destroys or constantly says mean comments.**

### **Teasing**

**Teasing is when someone messes with you. Most of the time it is all fun and games to the person doing it but to the person being teased it can feel bad. Teasing isn't as serious and destructive as bullying.**

**With the person next to you talk about what you think the different types of bullying are.**



# What are the different types of bullying

## Verbal Bullying

Verbal Bullying is when name calling, insults, teasing, or verbal abuse happens.

## Cyber Bullying

Cyber Bullying is when mean comments are made on computers, phones, and other electronic devices.

## Social Bullying

Social Bullying is when someone is lying, spreading rumours, mimicking, encouraging others to be exclusive, and trying to damage others reputation.

## Physical Bullying

Physical Bullying is when hitting, kicking, punching, pinching, or damage of property is present.



**Finally we will reflect on what you learned in the lesson.**



**In your own words what do you think is a motivation for bullying? What are some preventions? What are some examples of bullying?**