

The background of the slide is a light yellow color with a pattern of various tropical leaves. The leaves are drawn in a simple, stylized manner with black outlines. Some leaves are filled with solid colors like orange, green, or yellow, while others are just white outlines. The leaves are scattered across the slide, with some larger ones in the corners and smaller ones in between.

# Friday SEL lesson

Year wrap up/ Happy summer

**5/19 SEL Lesson**



## Icebreaker

What is the worst thing  
to put on a welcome  
mat?

Social media

Stress

Socializing

Setting goals

Bullying

Building connections

What you learned this year

Suicide awareness

Growth Mindset/ Failures

Trusted  
Teacher

## Social media

Social media is a collective term for websites and applications that focus on communication, community-based input, interaction, content-sharing and collaboration. People use social media to stay in touch and interact with friends, family and various communities. Social media has its ups and downs.

## Socializing

People who frequently socialize are shown to be happier and feel less stressed. Socializing can help you make healthy connections and make new friends.

## Growth mindset/ failures

Love who you are even when you make mistakes, since everyone does. Putting yourself down just because you made errors isn't worth stressing about, since that will only cause you to create more of the same caliber



## Suicide awareness

Suicide is not a “cool” Concept to joke about. Instead, it can be disrespectful to people with a history of suicidal ideation. However, joking about this topic is very common, and for some People, it can also be a coping mechanism.

## Trusted Teachers

Trusted teachers! Give your appreciation to some of your trusted teachers. There are many teachers here at Gorzycki that you can trust and rely on.

## Stress

Stress is the change in a individual body, causing physical, emotional, or psychological tension to the body. Everybody reacts and copes with stress differently.

## Setting goals

A goal is a desired achievement that a person or group desires. When setting goals make sure their realistic, and specific.

## Building connections

Building connections is when you form a bond with another person. While you may create personal and professional relationships, both can benefit your professional career.

## Bullying

There are many different types of bully. Something they all have in common are that they hurt and they effects can take a long time to heal from. How can we make Gorzycki better?





**Help provide us feedback for next year**

**<https://forms.gle/6Ja86HpzzGygYSMR7>**



Happy  
Summer

Good job  
Tigers!