

SEL : Health and Safety (Week 3)

Date:	Week 10, Day 1 (September 8th)
Type:	SEL Second Step Tuesday
Unit/Lesson	Unit 1: Mindsets & Goals / Lesson 1A: Starting Middle School Lesson 1B: Returning to Middle School
BCSD SEL Priority	Relationships: All students will establish and maintain healthy relationships with individuals from diverse backgrounds and cultures through the ability to take perspective of and empathize with others. Self-Awareness: All students will recognize one's own thoughts in order to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset." Self-Management: All students will demonstrate the ability to recognize and regulate one's emotions, thoughts, and behaviors in different situations in order to manage stress, control impulses, and motivate oneself to set and pursue personal and academic goals. Responsible Decision-Making: All students will demonstrate the ability to apply SEL skills to make constructive choices about personal behavior and social interactions based on safety, social norms and consideration of others.
Learning Intention	Students will engage in the Second Step Curriculum and gain and learn how to develop a growth mindset. They will learn about If-Then Plans, a research-based strategy for achieving goals and learn how to use their values to help them make good decisions and build strong friendships.
Success Criteria	Students will be successful when they apply the skills to their social and academic lives.
Materials: (Physical or Digital)	• Second Step Website • Second Step Handouts (links below)
Frontloading Questions or Information	• Teachers can encourage students to participate in the discussion and provide an opportunity for students to share ideas. • Teachers are also encouraged to share about themselves.
Lesson 2 Steps	Step 1: • Access the Second Step Website (UNIT 1) Step 2: • Access Unit 1: Mindsets & Goals Lesson 1A: Starting Middle School • Lesson 1B: Returning to Middle School Step 3: • Lesson 1A Plan • Student 1A Handout • Lesson 1B Plan • Lesson 1B Handout (Once you access the PDF, click the download

	button to allow students to type into the form).
End of the Day SEL block (10 minutes)	For your End of the Day SEL block (10 Minutes) feel free to choose an activity located in this folder

Date:	Week 3, Day 2 (September 9th)
Type:	SEL: Health and Safety
Technology Integration	Google Slides
BCSD SEL Priority	Responsible Decision-Making: All students will demonstrate the ability to apply SEL skills to make constructive choices about personal behavior and social interactions based on safety, social norms and consideration of others.
Learning Intention	Students will learn about physical distancing and how it relates to health and safety.
Success Criteria	Students will be successful when they can identify ways to connect with others while physically distancing.
Materials: (Physical or Digital)	• Mindfulness Expectations (Make a copy if you modify) • Mindfulness: Body Scan • What is Social Distancing Video (1:23) • Follow-up Discussion Slide Students can respond in the chat or orally
Frontloading Questions or Information	N/A
Lesson Steps	Step 1: • Review Mindfulness Expectations (Make a copy if you modify) Step 2: • Read the Body Scan to students to provide students some time and space to relax and focus Step 3: • Watch What is Social Distancing Video Step 4: • Engage students in follow-up discussion

**End of the
Day SEL block
(10 minutes)**

For your **End of the Day SEL block** (10 Minutes) feel free to choose an activity located in this [folder](#)

Date	Week 3, Day 3 (September 10th)
Type:	SEL: Health and Safety
Technology Integration	Google Slides
BCSD SEL Priority	Responsible Decision-Making: All students will demonstrate the ability to apply SEL skills to make constructive choices about personal behavior and social interactions based on safety, social norms and consideration of others.
Learning Intention	Students will engage in a classroom circle.
Success Criteria	Students will participate in a classroom circle (check-in) to identify their emotions as it relates to health and safety.
Materials: (Physical or Digital)	• Google Slide for Emotional Thermometer • Google Slide for Circle Rules • Google Slides for Circle Prompt and follow-up questions(Make a copy if you modify questions) • Circle expectations (for teacher use)
Frontloading Questions or Information	N/A
Lesson Steps	Step 1: • Review with students the emotional thermometer. Review each emotion with students Step 2: • Review Circle Rules Step 3: • Show students the Circle Prompt slide and have each student complete the prompt (Make a copy if you modify questions) **Keep note and send a positive message to students that ranked really low Step 4: • Complete Follow-up Questions (on slides) with students

End of the Day SEL block (10 minutes)

For your **End of the Day SEL block** (10 Minutes) feel free to choose an activity located in this [folder](#)

Date:	Week 3, Day 4 (September 11th)
Type:	SEL: Health and Safety
Technology Integration	Google Slides
BCSD SEL Priority	Responsible Decision-Making: All students will demonstrate the ability to apply SEL skills to make constructive choices about personal behavior and social interactions based on safety, social norms and consideration of others.
Learning Intention	Students will identify home activities to help support their health and safety.
Success Criteria	Students will be successful when they can list different ideas to stay active and maintain a healthy lifestyle.
Materials: (Physical or Digital)	• Mindfulness Expectations (Make a copy if you modify) • Mindfulness Video (1:20) • Self-Care Slide Deck Assignment (Make a copy and share with each student)
Frontloading Questions or Information	N/A
Lesson Steps	Step 1: • Review Mindfulness Expectations (Make a copy if you modify) Step 2: • Show the mindfulness video to allow students time for a brain break Step 3: • Make a copy and share the Self-care Slide Deck with each student ○ Review questions with students first ○ Allow students time to complete the questions using text and pictures Step 4: • Have students submit to you when finished • Optional: allow a few students to share their plan with the class.

**End of the
Day SEL block
(10 minutes)**

For your **End of the Day SEL block** (10 Minutes) feel free to choose an activity located in this [folder](#)