

SEL : Friendship (Week 10)

Date:	Week 10, Day 1 (October 26th)
Type:	SEL: Friendship
Technology Integration	Google Slides
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.
Learning Intention	Students will engage in a classroom circle about Friendship.
Success Criteria	Students will be successful when they identify the characteristics of a good friend.
Materials: (Physical or Digital)	<ul style="list-style-type: none"> Google Slide for Emotional Thermometer Google Slide for Circle Rules Google Slides for Circle Prompt and follow-up questions (Make a copy if you are modifying questions)
Frontloading Questions or Information	N/A
Lesson Steps	<p>Step 1:</p> <ul style="list-style-type: none"> Review Circle Rules <p>Step 2:</p> <ul style="list-style-type: none"> Show students the Circle Prompt for this week and have each student complete the prompt: “On a scale of 1-5, today I feel like a ____, because ____”. **Keep note and send a positive message to students that ranked really low <p>Step3:</p> <ul style="list-style-type: none"> Complete Follow-up Questions with students in a sequential or nonsequential circle, chat box, or break-out rooms (Make a copy if you are modifying questions)
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 10, Day 2 (October 27th)
Type:	SEL Second Step Tuesday
Unit/Lesson	Unit 2: Recognizing Bullying and Harassment / Lesson 8: What is Harassment
BCSD SEL Priority	<p>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.</p> <p>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."</p> <p>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.</p> <p>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.</p>
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)	<ul style="list-style-type: none"> • Second Step Website • Second Step Handouts (links below)
Frontloading Questions or Information	<ul style="list-style-type: none"> • 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 9 Steps	<p>Step 1:</p> <ul style="list-style-type: none"> • Access the Second Step Website (UNIT 2) <p>Step 2:</p> <ul style="list-style-type: none"> • Access Unit 2: Recognizing Bullying and Harassment / Lesson 8: What is Harassment? <p>Step 3:</p> <ul style="list-style-type: none"> • Lesson 8 Plan • Student Handout (Once you access the PDF, click the download button to allow students to type into the form/save/share).
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 10, Day 3 (October 28th)
Type:	SEL: Friendship
Technology Integration	Google Slides
BCSD SEL Priority	<p>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.</p> <p>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."</p>
Learning Intention	Students will participate in a mindfulness activity.
Success Criteria	Students will be successful when they are able to make connections between their thoughts and friendship.
Materials: (Physical or Digital)	<ul style="list-style-type: none"> • Mindfulness Expectations (Make a copy if you modify) • Mindfulness Video: Balanced (1:06) • Video: 5 Levels of Friendship (3:54) • Follow-up Questions Slide (Make a copy if you are modifying questions)
Frontloading Questions or Information	N/A
Lesson Steps	<p>Step 1:</p> <ul style="list-style-type: none"> • Review Mindfulness Expectations (Make a copy if you modify) <p>Step 2:</p> <ul style="list-style-type: none"> • Show students Mindfulness video (Balanced) to provide practice <p>Step 2:</p> <ul style="list-style-type: none"> • Show students video on 5 Levels of Friendship (3:54) <p>Step 3:</p> <ul style="list-style-type: none"> • Complete Follow-up Questions with students regarding the video to engage in further discussions (Make a copy if you are modifying questions) <ul style="list-style-type: none"> ◦ Teacher decides how to collect answers from students (orally, written, chat box, break-out rooms, etc.)
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 10, Day 4 (October 29th)
Type:	SEL: Friendship
Technology Integration	Google Slides
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.
Learning Intention	Students will complete a Google Slide Presentation using text and pictures to show the characteristics of friendship.
Success Criteria	Students will be successful when they are able to identify some characteristics of a healthy friendship.
Materials: (Physical or Digital)	<ul style="list-style-type: none"> • Video on Friendship Soup (3:12) • Google Slides: Friendship Soup Recipe (Make a copy)
Frontloading Questions or Information	N/A
Lesson Steps	<p>Step 1:</p> <ul style="list-style-type: none"> • Show students video on Friendship Soup (3:12) <p>Step 2:</p> <ul style="list-style-type: none"> • Make a copy of the Friendship Soup Slides and then share it with each student <p>Step 3:</p> <ul style="list-style-type: none"> • Provide them with time to complete their recipe for Friendship Soup <ul style="list-style-type: none"> ○ Students are to list the ingredients they believe should go into making Friendship Soup ○ Have students submit to you when complete ○ Allow students to share their recipe with the class <p>Step 4:</p> <ul style="list-style-type: none"> • Teacher can modify to grade level if needed
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 10, Day 5 (October 30th)
Type:	SEL: Friendship
Technology Integration	Google Slides
BCSD SEL Priority	<p>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.</p> <p>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."</p>
Learning Intention	Students will participate in mindful movements activity.
Success Criteria	Students will be successful when they participate in the movements and the discussion.
Materials: (Physical or Digital)	<ul style="list-style-type: none"> • Get Moving: Go Noodle-Body Movement • For Additional Resources/Activities use District SEL Website • Mindful Movement Discussion doc (Make a copy if you are modifying questions)
Frontloading Questions or Information	N/A
Lesson Steps	<p>Step 1:</p> <ul style="list-style-type: none"> • Choose a video or videos from the link above (GoNoodle) to get students moving <p>Step 2:</p> <ul style="list-style-type: none"> • Lead discussion with students on their experience with the activity using the Mindful Movement Discussion doc (Make a copy if you are modifying questions)
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