

SEL : Maintaining Relationships (Week 7)

Date	Week 7, Day 1 (October 5th)
Type:	SEL: Maintaining Relationships
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 to continue to build community within the classroom.
Success Criteria	Students will be successful when they are able to learn new information about their classmates and teacher.
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 are modifying questions)
Frontloading Questions or Information	N/A
Lesson Steps	Step 1: - Review Circle Rules Step 2: - Show students the Circle Prompt slide 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 Step 3: - Complete Follow-up Questions (on Circle Prompt slides) with students to build further community within your classroom (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 7, Day 2 (October 6th)
Type:	SEL Second Step Tuesday
Unit/Lesson	Unit 1: Mindsets & Goals / Lesson 5: Pursuing My Interests
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 6 Steps	Step 1: • Access the Second Step Website (UNIT 1) Step 2: • Access Unit 1: Mindsets & Goals / Lesson 5: Pursuing My Interests Step 3: • Lesson 5 Plan • Student 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 7, Day 3 (October 7th)
Type:	SEL: Maintaining Relationships
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 participate in a mindfulness activity that promotes healthy relationships through compassion.
Success Criteria	Students will be successful when they are able to practice compassion for others.
Materials: (Physical or Digital)	• Mindfulness Expectations (Make a copy if you modify) • Mindfulness Practice: video for compassion • Follow-up Questions slide (Make a copy if you are going to modify questions)
Frontloading Questions or Information	N/A
Lesson Steps	Step 1: • Review Mindfulness Expectations (Make a copy if you modify) Step 2: • Watch Mindfulness Video from GoNoodle on Compassion Step 3: • Complete Follow-up Questions with students to engage in further discussions (Make a copy if you are modifying questions) ◦ Teacher decides how to collect answers from students (orally, written, chat box, 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 7, Day 4 (October 8th)
Type:	SEL: Maintaining Relationships
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 participate in a community building game/activity.
Success Criteria	Students will be successful when they are able to learn new information about their classmates and teacher.
Materials: (Physical or Digital)	- Community Building Activity: Would You Rather Activity (Make a copy if you are going to modify questions)
Frontloading Questions or Information	N/A
Lesson Steps	Step 1: - Display the Google Slide Deck with the Would You Rather Activity questions to the class Step 2: - Read each question to the students and have them answer the question- they can raise their hand or type in the chat box Step 3: - Have a few students share “why” they chose what they chose after each question Step 4: - Teacher can modify questions if they choose (please make a copy if you do)
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 7, Day 5 (October 9th)
Type:	SEL: Maintaining Relationships
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 collaborate with their peers to create a movement.
Success Criteria	Students will be successful when they participate with their groups and practice the movements created.
Materials: (Physical or Digital)	• Get Moving Slide Deck • For Additional Resources/Activities use District SEL Website
Frontloading Questions or Information	N/A
Lesson Steps	Step 1: • Make a copy of the Get Moving Slide Deck (Directions are on the slide deck) Step 2: • Put students in breakout rooms to develop their group slide Step 3: • Bring students back and have each group lead the class in their movement
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

