SEL COMPETENCIES

Relationship Skills
Social Awareness
Responsible Decision-Making

Students will learn the following skills:

- active listening
- analyzing situations
- communication
- empathy
- ethical responsibility
- evaluating
- identifying problems
- perspective-taking
- reflecting
- relationship building
- resolving conflicts
- respect for others
- self-confidence
- self-efficacy
- social awareness
- solving problems

PREPARATION

Non-classroom materials needed for this unit

ENERGIZERS

LINE UP! Increasing group communication skills.
1. Instruct the group to remain silent during this activity.
2. Explain that they need to arrange themselves into a line according to a certain criteria, such as month and day of birth, height, first name, etc.

TICKLERS

Write the quotations on the board and ask the class to discuss what they mean about bullying.

As you live your life and accumulate friends, both IRL and on social media, ask yourself, are you a bully too? – Julie Plec

There really is no difference between the bully and the victim. – Lady Gaga