

GOT SKILLS?

LEARNING INTO CHANGE



INTRODUCTION

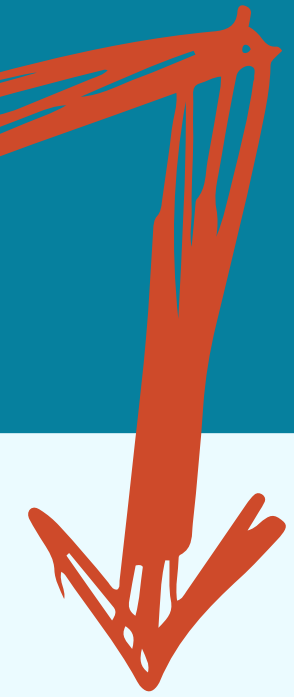
CHANGES.

Today, we will discuss “change.” Change can be scary, but it’s a normal part of life.

We will talk about changes we’ve been through this year and changes we may face as we end the school year.



SEL CONNECTION



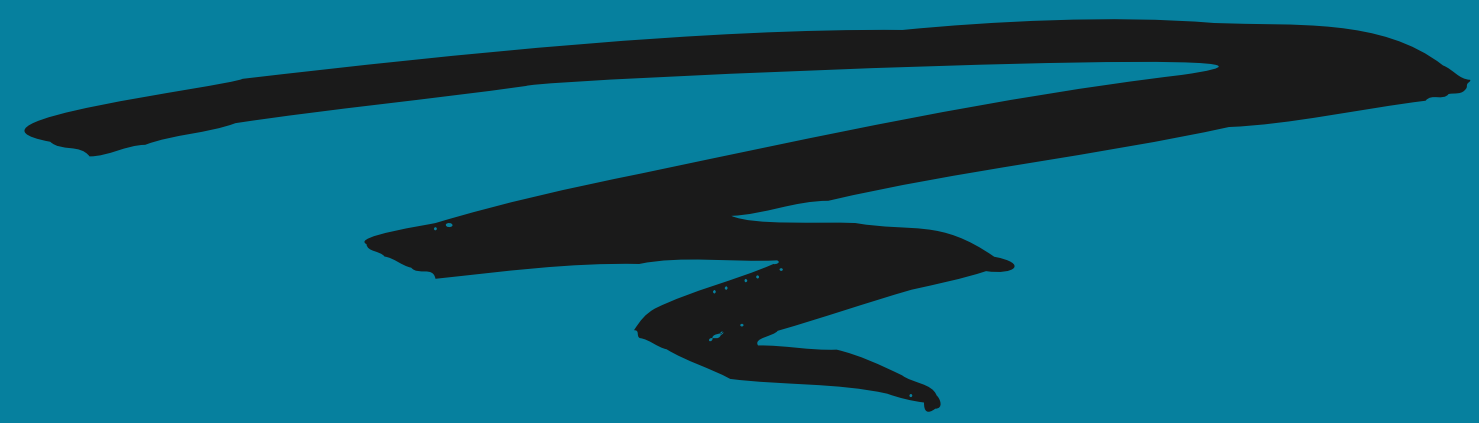
Today, we will practice **"Self-Awareness"** by reflecting on how we've changed throughout the year, and what we need to embrace change as we move forward.





ICEBREAKER

NEW ME, WHO IS THIS?



ICEBREAKER



WATCH A VIDEO



NEW ME, WHO IS THIS?

- 1) Watch the video.
- 2) Share various lines from the poem that resonate with you when thinking of the word "Change."



PRINCE EA, "START CHANGING YOUR LIFE"



ICEBREAKER

➤➤➤ GET MOVING!

NEW ME, WHO IS THIS?

- 1) Sit in a circle with space in the middle.
- 2) Grab a post-it and a pencil.
- 3) Do not write your name on the post-it. Be sure to use clear handwriting.



ICEBREAKER

NEW ME, WHO IS THIS?

On your card, write three ways you've changed or grown this year. Use the following supports to help you think.

- I've changed by _____
- I've grown in _____
- I've learned _____

WAYS WE CAN CHANGE/GROW:

- **Academically:** What have you learned?
- **Personally:** How have you changed as a person?
- **Socially:** How has your circle of community changed? What causes have impacted you?
- **Physically:** How has your body changed?
- **Mentally:** How have you grown to think differently?
- **Emotionally:** How have you grown in the way you manage your emotions?
- **Skills / Things I've Learned**
- **Taste / Style / Friends**





NEW ME, WHO IS THIS?

1) Throw your paper in the center and pick up someone else's response!

2) Read the response.

3) Now let's talk about it!



- How have you changed from last year to this year?
- Why do you think you changed in the way you did?
- What are the benefits or consequences of changing?





LESSON PART ONE

WHAT IS CHANGE?





WHAT IS CHANGE?

CHANGE

- 1) make (someone or something) different; alter or modify.
- 2) replace (something) with something else, especially something of the same kind that is newer or better; substitute one thing for (another).
"She decided to change her name."
- 3) the act or instance of making or becoming different.

Next, we will see how different students think about change in their lives. Think through the questions as we watch.



LESSON: PART ONE



WATCH A VIDEO

WHAT IS CHANGE?

Consider these questions while watching the video:

- How are these students considering change in their lives?
- How can goals help us deal with change?
- What changes do you want to happen in your own life?

FOR MIDDLE SCHOOLERS



Kids Ages 10-14 Talk About Goals



KIDS TALK ABOUT THEIR UPCOMING GOALS



LESSON: PART ONE



WATCH A VIDEO

WHAT IS CHANGE?

Consider these questions while watching the video:

- What changes do you see in your friend group?
- What upcoming changes do you see in how you spend your time?
- What upcoming changes do you predict as you exit high school?

FOR HIGH SCHOOLERS



REALITY AFTER YOU GRADUATE





LESSON PART TWO

NEXT SEASON



LESSON: PART TWO



NEXT SEASON

Using the graphic organizer, think about this year and your next season. Fill out the graphic organizer while thinking about the “next season” of your life.

Once done, we will share out our responses.



LESSON: PART TWO



TALK ABOUT IT

NEXT SEASON

Now that we've discussed change in our lives, let's close out our conversation with the following questions.

- What did you realize about yourself today?
- What did you realize about change today?
- What is change? Why does it happen?
- Name one way we can navigate change when it comes in our lives?

