



**YOUR CHOICE:  
CHOOSE WISELY**

**DON'T KILL MY VIBE**



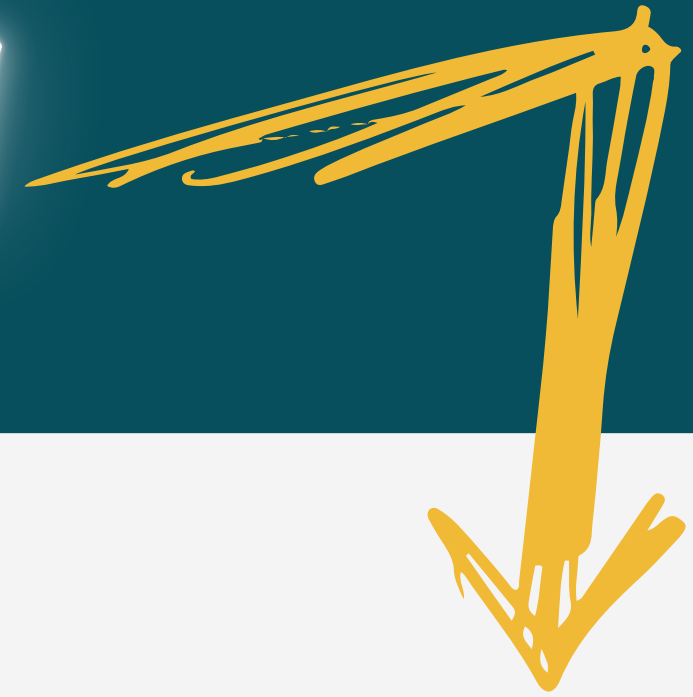
# INTRODUCTION

Today, we will:

- \* Use four quotes to have conversations about personal growth, relationships, and challenges.
- \* Choose an SEL competency you can use to apply the lessons from the quotes as you navigate the remainder of the school year.
- \* Develop and review tips to improve your SEL skills.

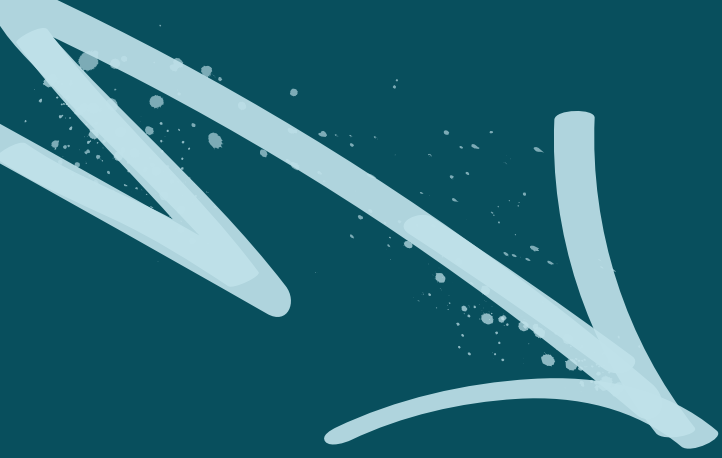


# SEL CONNECTION



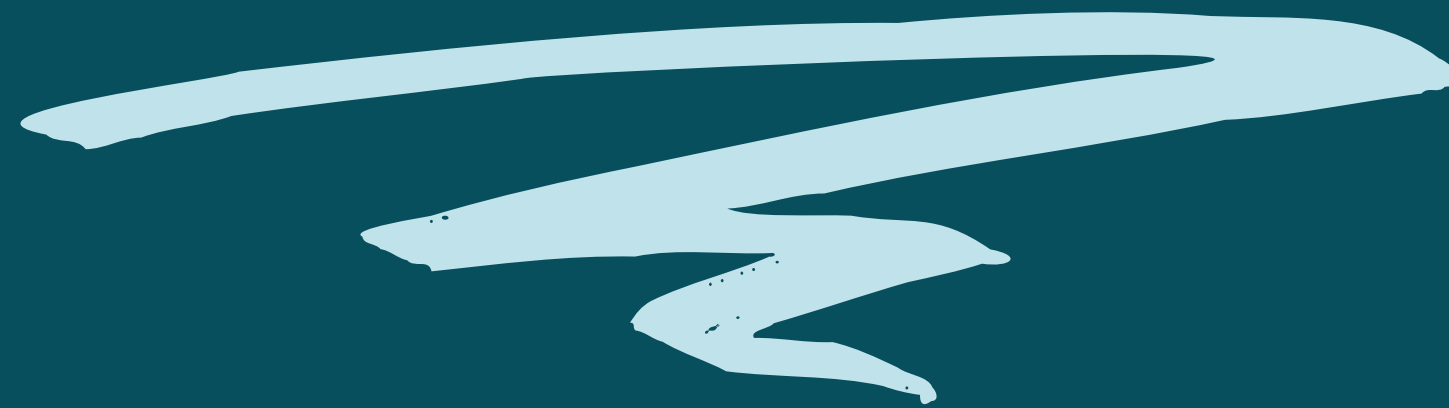
Today, we will practice **Self-Awareness** by considering our personal development, growth, and goals.





# ICEBREAKER

# RECIPE OF EMOTIONS





## RECIPE OF EMOTIONS

You will all act as chefs creating a "recipe of emotions" for a meal.

The recipe must include at least three emotions that represent how you've been feeling this school year and why.

### RECIPE CREATION

Name your dish and describe its:

- **Texture** (e.g., smooth, rough, crunchy)
- **Smell** (e.g., spicy, sweet)
- **Taste** (e.g., bitter, sweet, tangy)





## RECIPE OF EMOTIONS

### WHOLE GROUP CYPHER

- What name did you choose for your recipe?
- Please share and describe your recipe.





LESSON

PART ONE

# WORDS OF WISDOM



# LESSON: PART ONE



WATCH A VIDEO

## WORDS OF WISDOM

Watch the video "Kendrick Lamar's Ultimate Life Advice."







## WORDS OF WISDOM

### QUOTE #1

"People don't like to look at themselves in the mirror. It's the hardest thing to do—critiquing yourself rather than pointing the finger... everybody hates change. So, to actually do that and say, 'I'm wrong in a lot of areas,' takes a lot of willpower."







## WORDS OF WISDOM

### QUOTE #2

"I always had to prove myself, and that's what keeps me on my toes, constantly challenging myself."





## WORDS OF WISDOM

### QUOTE #3

"Keep the most genuine people around you, only a few. Don't let too many into your circle—those who weren't there from day one, who don't truly understand you, and who see you as a celebrity or a dollar figure."





## WORDS OF WISDOM

### QUOTE #4

"We are put on Earth to love. That's what it's all about."





## WORDS OF WISDOM

### SEL COMPETENCIES

- 1) **Self-Awareness:** Understanding your own emotions, values, and strengths.
- 2) **Self-Management:** Managing your emotions and behaviors effectively.
- 3) **Social Awareness:** Understanding others' perspectives, practicing empathy.
- 4) **Relationship Skills:** Building and maintaining healthy relationships.
- 5) **Responsible Decision-Making:** Making thoughtful, responsible choices.



## WORDS OF WISDOM

Take 5 minutes to independently reflect on the questions on the graphic organizer. Take notes if needed.

- What does the quote mean to you?
- How does this quote relate to an SEL competency?
- How can this quote help you navigate the school year?



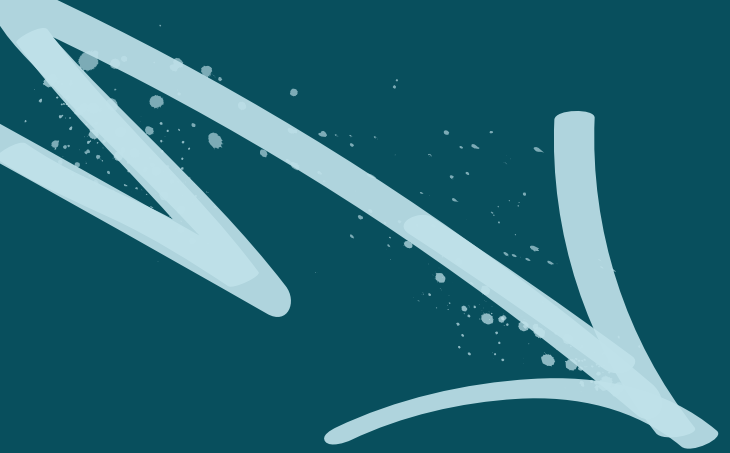


## WORDS OF WISDOM



- 1) The presenter chooses a quote, identifies an SEL competency that connects to the quote, and has **2 minutes** to answer the questions on the graphic organizer.
- 2) The next person in the group responds for **1 minute** with their thoughts.
- 3) The remaining group members respond for **1 minute each**.
- 4) The presenter has the final word for **1 minute**, sharing any additional thoughts based on the group's responses.





LESSON  
PART TWO

LIFE ADVICE IN PRACTICE





### LIFE ADVICE IN PRACTICE

How can we put each of Kendrick's quotes into action?

What tips do you have for practicing the life advice he shared?





## LIFE ADVICE IN PRACTICE

### QUOTE #1

"People don't like to look at themselves in the mirror. It's the hardest thing to do —critiquing yourself rather than pointing the finger...everybody hates change. So, to actually do that and say, 'I'm wrong in a lot of areas,' takes a lot of willpower."

### TIP: SELF-CHECK PRACTICE

Write out your thoughts in a journal (poem, rap, sketch, etc.). Take a few minutes to reflect on one area where you can improve. Instead of blaming others for challenges, focus on how you can take responsibility and make positive changes. This will help you build self-awareness and accountability.







### LIFE ADVICE IN PRACTICE

#### QUOTE #2

"I always had to prove myself, and that's what keeps me on my toes, constantly challenging myself."

#### TIP: SET STRETCH GOALS

Set one challenging goal for yourself each month, something that pushes you out of your comfort zone. Whether it's academic or personal, this will help you consistently push yourself to grow and improve, developing a sense of self-discipline and self-awareness.







## LIFE ADVICE IN PRACTICE

### QUOTE #3

"Keep the most genuine people around you, only a few. Don't let too many into your circle—those who weren't there from day one, who don't truly understand you, and who see you as a celebrity or a dollar figure."

### TIP: EVALUATE YOUR CIRCLE

Take a moment to reflect on the relationships you have. Are the people around you supportive and genuine? Identify who truly understands you and who you may need to distance yourself from. This reflection helps you become more aware of how relationships impact your personal growth.





## LIFE ADVICE IN PRACTICE

### QUOTE #4

"We are put on Earth to love. That's what it's all about."

### TIP: ACTS OF KINDNESS LOG

Engage in small acts of kindness each day and keep a log of how it made you feel. This can be as simple as offering a compliment or helping a friend. Practicing love and kindness helps you become more aware of how your actions affect others.

