

**GOT SKILLS?**

**MY FIRST TIME...**



# INTRODUCTION

Today, we will:

- \* Identify meaningful “first experiences” connected to the 5 SEL competencies.
- \* Share and listen in a supportive way to build connection and empathy.
- \* Describe the SEL skills used during these moments.



# SEL CONNECTION



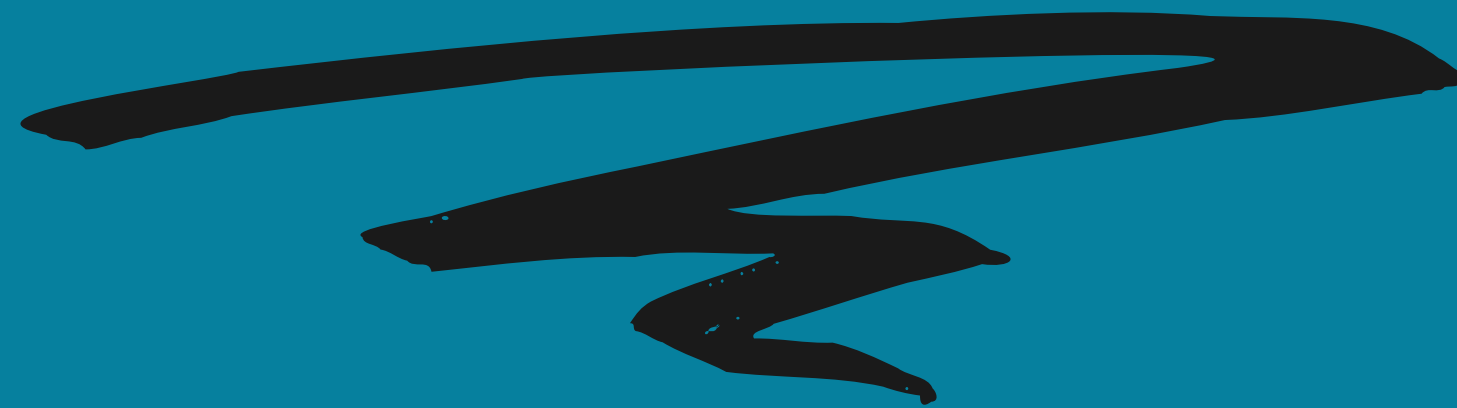
Today, we will practice **all 5 SEL competencies** and empathy by reflecting on your “first” experiences.





# ICEBREAKER

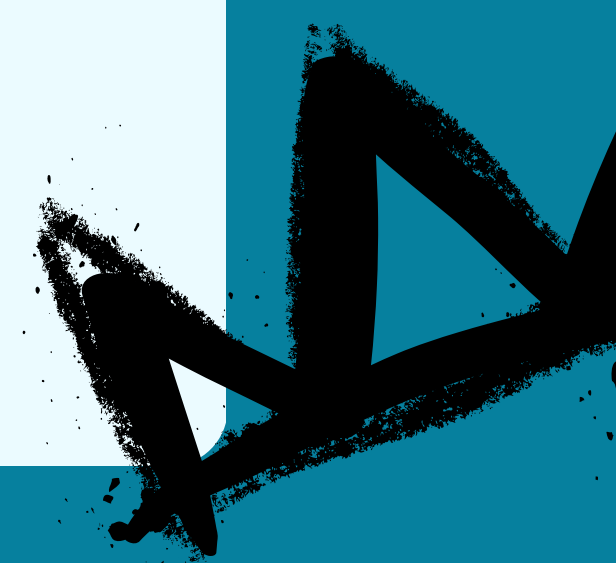
## MY FIRST MIXER



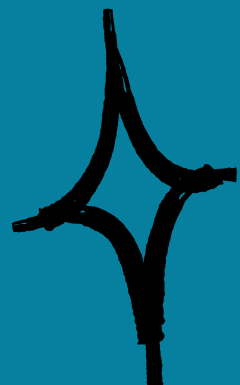


## MY FIRST MIXER

Share your answer to one prompt:

- “The first thing I eat in the morning is... because...”
  - “My first time watching *Stranger Things* (or another show) I... because...”
  - “My first role model was... because...”
  - “The first TV show that scared me was... because...”
  - “The first time I felt like a leader was... because...”
  - “The first time I got embarrassed was... because...”
  - “The first time I realized I was good at something was... because...”
- 





## MY FIRST MIXER

Which “firsts” were funny or relatable?





# LESSON PART ONE

# MY FIRST SEL MOMENTS



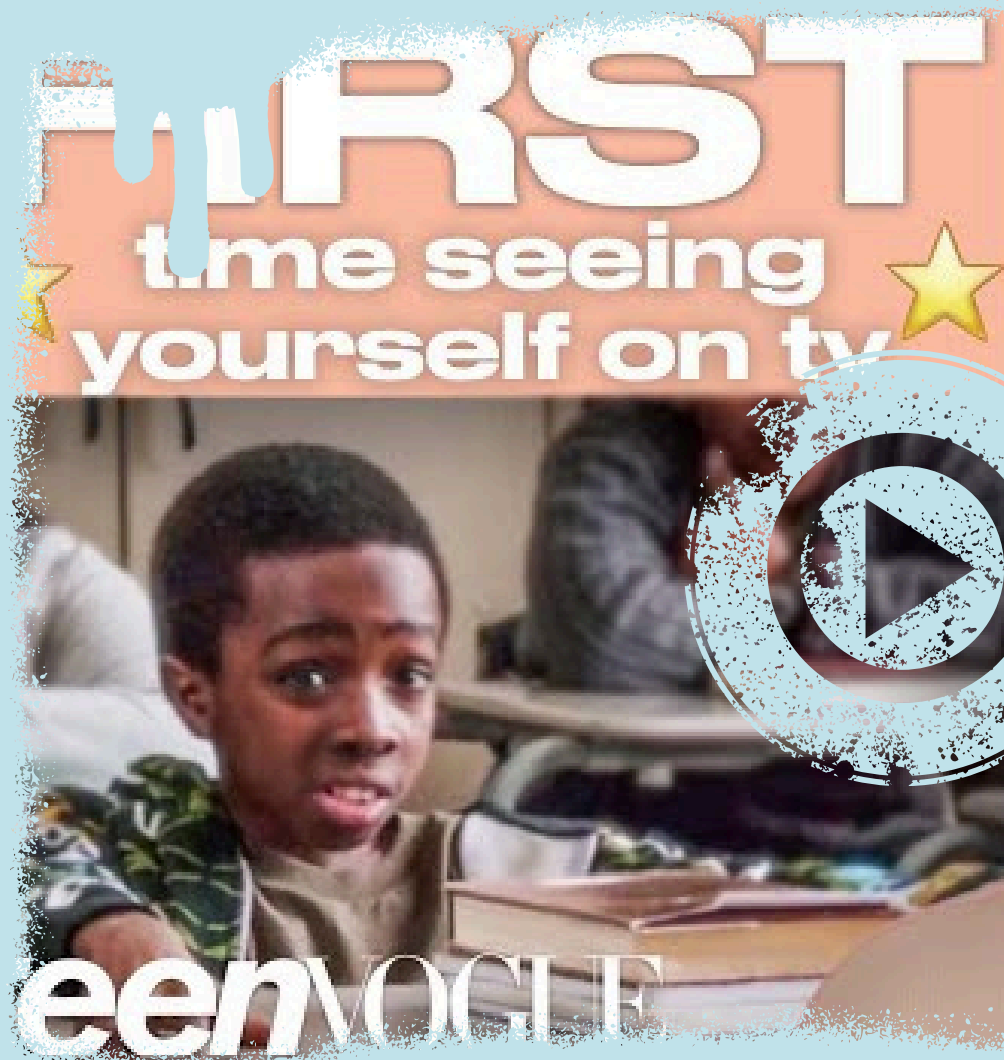
# LESSON: PART ONE



WATCH A VIDEO

## MY FIRSTS

Watch a short clip from Caleb McLaughlin's "My Firsts" interview.





# LESSON: PART ONE



TALK ABOUT IT

## MY FIRST SEL MOMENTS

Discuss with a partner before sharing with the whole group:

- Which of Caleb's firsts stood out?
- What did it reveal about him?
- Which of your own firsts might surprise someone?



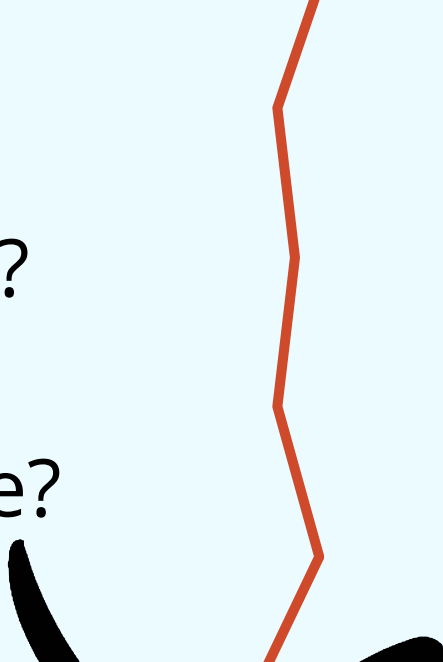
# LESSON: PART ONE



WRITING

## MY FIRST SEL MOMENTS

Choose 3–5 prompts on the graphic organizer and respond to the questions below.

- What happened?
  - What emotion showed up?
  - Which SEL skill did you use?
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- A red line starts from the top of the 'Which SEL skill did you use?' prompt, goes up, then down, then up again, and finally curves into a black arrow pointing towards the 'SEL Skill' response.
- **What happened:** I tried out for basketball.
  - **Emotion:** Nervous but excited.
  - **SEL Skill:** Self-Management — I calmed myself down and focused.





# LESSON: PART ONE

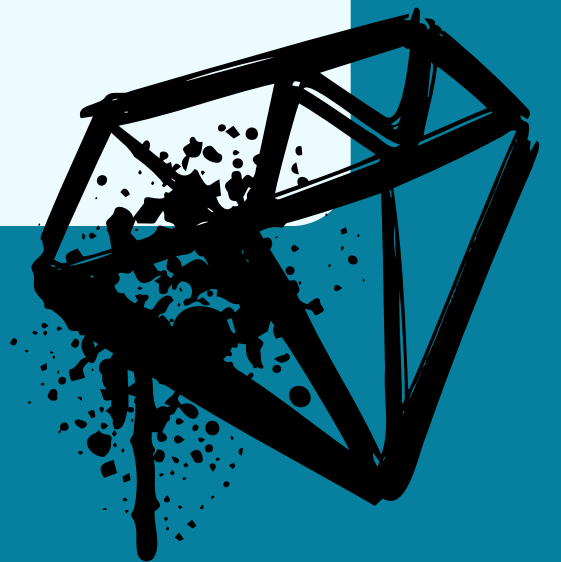


TALK ABOUT IT

## MY FIRST SEL MOMENTS

In groups of 3–4, share one “first.”

What did this experience teach you about yourself or the SEL skill you used?





# LESSON PART TWO

# CLOSING REFLECTIONS



# LESSON: PART TWO

>>> GET MOVING!

## CLOSING REFLECTIONS

- 1) Using the sticky note, write one “first” and the emotion you felt.
- 2) Add your “first” to our wall.
- 3) Review your classmates’ responses.



# LESSON: PART TWO



TALK ABOUT IT

## CLOSING REFLECTIONS

### WHOLE CLASS DEBRIEF

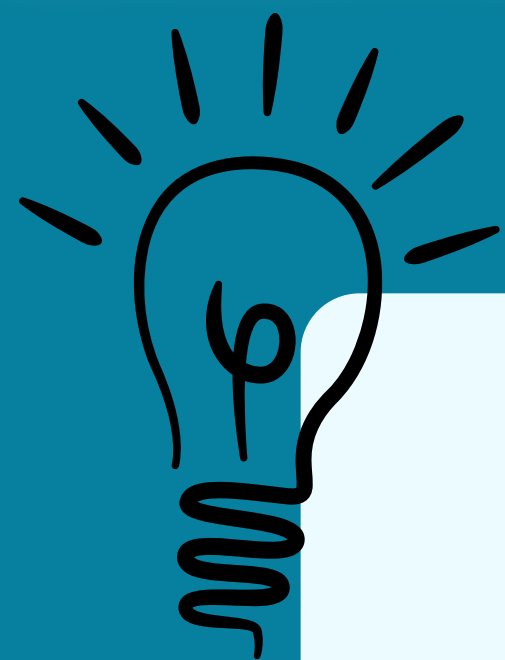
- What similarities did you notice?
- How did emotions show up differently?
- Which SEL skills appeared most?
- What do our firsts say about our community?



# LESSON: PART TWO



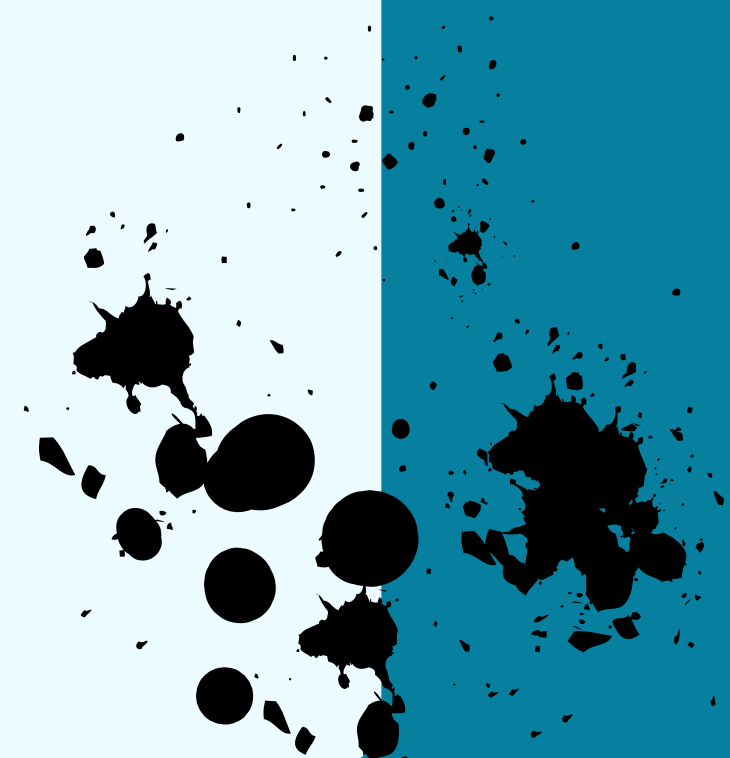
TALK ABOUT IT



## CLOSING REFLECTIONS

### CLOSING TIPS

- \* Your “firsts” show who you’re becoming.
- \* Emotions are teachers—pay attention.
- \* Every first moment builds an SEL skill.





# LESSON: PART TWO



WRITING



## CLOSING REFLECTIONS

Complete your exit ticket by responding to the prompt below:

One SEL skill I'm willing to try for the first time this week to help me grow is...

