

WORKBOOK

FOR 50 SEL LESSONS VOL. 1



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Workbook for 50 SEL Lessons Vol. 1

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INTRODUCTION

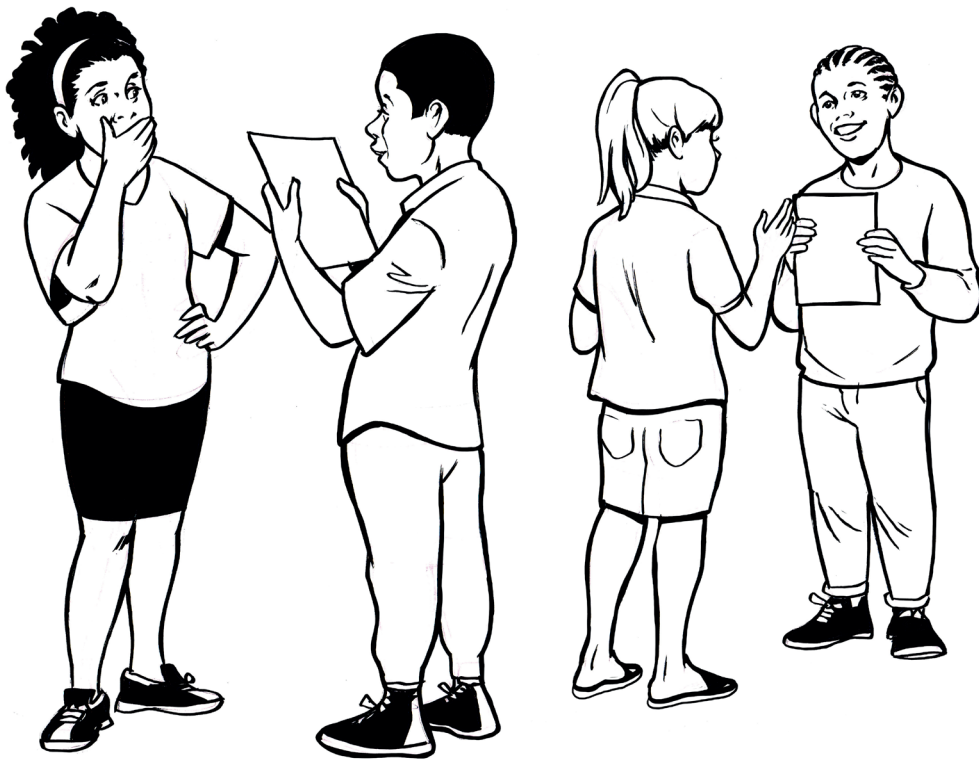


The *Workbook for 50 Social Emotional Lessons Vol. 1* is a great tool to capture the SEL magic that awaits your classroom. The workbook is a container and incubator for all the crucial lessons from *50 Social Emotional Learning Lessons Vol. 1*. Social emotional learning blossoms when you articulate your experience into words and these words have a home in this workbook.

There are 50 worksheets that will help improve retention, increase accountability, and promote self-expression and visibility. Homework trackers are included at the end of every Lesson for practice and to document the impact these skills have on students' social emotional lives. Assessments at the end of every unit provide reflection and evaluation.

Your classroom and students will be forever transformed by this curriculum. *Workbook for 50 Social Emotional Lessons Vol. 1* will document the journey.

UNIT 1: COMMUNITY BUILDING



LESSON 1: CLASSROOM AGREEMENTS

ACTIVITY 1: OPENING QUESTION

1. What is the story behind your name?

.....
.....

2. A classmate's story I found interesting was

.....
.....

ACTIVITY 2: TINY TEACH

1. What I taught

.....

2. What I learned

.....

3. What I learned about teaching and learning

.....
.....
.....



ACTIVITY 3: GROUP AGREEMENTS

1. Which agreement was most important to you and why?

.....

.....

.....



ACTIVITY 4: ARE YOU LIKE THIS OR LIKE THAT?

1. What answers did you choose that best represented what you are like?

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.....

.....

2. Which answers among your classmates interested you? Why?

.....

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.....

HOMEWORK

Notice your relationships to the classroom agreements.

HOMework TRACKER

Something I did in class

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.....

.....

Classroom agreement

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.....

.....

How I felt afterwards

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.....



LESSON 2: GETTING TO KNOW EACH OTHER

ACTIVITY 1: OPENING QUESTION

1. If you could travel backward or forward in time, when and where would you want to go?

.....

.....

2. What is a classmate's answer that you found interesting?

.....

.....

ACTIVITY 2: MOVE YOUR BUTT IF...

1. What was it like to share a commonality with someone else?

.....

.....

2. What was it like to be different from the group?

.....

.....

.....



ACTIVITY 3: WHO WROTE THAT?

1. What was something interesting that you enjoyed sharing about yourself?

.....
.....
.....



2. What was something interesting you learned about other members of the class?

.....
.....
.....

ACTIVITY 4: IF I WERE A...

1. What were you able to share about yourself through the questions?

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.....
.....

2. Did anyone's answer surprise you?

.....
.....

HOMEWORK

Consider asking a follow up question to anything you've learned about another student.

HOMEWORK TRACKER

A question you asked a classmate

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.....

.....

.....

Your classmate's answer

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.....

LESSON 3: LEARNING ABOUT WHO WE ARE

ACTIVITY 1: OPENING QUESTION

1. How many siblings do you have or are you an only child?

.....

.....

.....

ACTIVITY 2: HUMAN TREASURE HUNT

1. What did you learn about your classmates?

.....

.....

.....

2. What do you still want to learn about your classmates?

.....

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.....



ACTIVITY 3: TRACING WHO WE ARE

1. What memories did you share?

.....

.....

.....

2. What is something interesting that you learned about someone else in the class?

.....

.....



ACTIVITY 4: WEB OF STORIES

1. How does the yarn reflect the connection people have with each other?

.....

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.....

HOMEWORK

Notice how you feel now compared to how you felt before the first Lesson.

HOMWORK TRACKER

Something you learned about a classmate

.....

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.....

.....

Something a classmate learned about you

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.....

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LESSON 4: GROUP VALUES

ACTIVITY 1: OPENING QUESTIONS

1. What value is most important to you?

.....

.....

2. When have you experienced your value in your life?

.....

.....

ACTIVITY 2: INDIVIDUAL VALUES

1. What value did you share with the class?

.....

.....

.....

2. How did it feel to connect to your value?

.....

.....



ACTIVITY 3: SOUNDS OF THE UNIVERSE

1. What did it feel like to collectively help a classmate?

.....
.....
.....



ACTIVITY 4: CLASS VALUE

1. What is one value that resonates with you after today's lesson and why is it important to you?

.....
.....

2. What are your top five values for a class to be an effective learning environment?

.....
.....

HOMEWORK

Notice when classmates demonstrate the chosen class values.

HOMEWORK TRACKER

Something you did

.....

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Corresponding individual value

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LESSON 5: INTEGRATING VALUES

ACTIVITY 1: OPENING QUESTION

1. How has the class demonstrated the class values since the last time you met?

.....

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.....

ACTIVITY 2: GROUP JUGGLING

1. What can this activity teach us about how to support each other as a group?

.....

.....

.....

2. During the activity, what did you do to help someone else?

.....

.....

.....



ACTIVITY 3: SILENT LINE-UP

1. What did this activity teach you about creativity?

.....

2. How did your group work together?

.....



ACTIVITY 4: ACRONYM PARTY

1. What was your process for creating acronyms?

.....

2. How did your group use teamwork?

.....

HOMEWORK

Notice how students work together in groups.

HOMework TRACKER

Something that happened in the class

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Corresponding classroom value

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LESSON 6: MEANING

ACTIVITY 1: OPENING QUESTION

1. What is your favorite spot at home or in your neighborhood and why?

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.....

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ACTIVITY 2: BIN OF MEANING

1. How did you feel sharing what was meaningful for you?

.....

.....

.....

2. What was it like to hear about what was meaningful for others?

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ACTIVITY 3: COMMUNITY MURAL

1. What were you able to contribute to the group?

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.....

2. What are the advantages and disadvantages of doing art as a group?

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HOMEWORK

Think about what rituals you have in your life that are meaningful to you.



HOMEWORK TRACKER

Something that is meaningful to you

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.....

Why is it meaningful to you?

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UNIT 1: POST-ASSESSMENT

To what extent do you agree with each statement?

1. I feel more connected to my class than at the beginning of this community building unit.

Strongly Disagree *Disagree* *Agree* *Strongly Agree*

2. I feel more supported by classmates than at the beginning of this community building unit.

Strongly Disagree *Disagree* *Agree* *Strongly Agree*

3. I feel more connected to my values than at the beginning of this community building unit.

Strongly Disagree *Disagree* *Agree* *Strongly Agree*

Complete the prompt:

4. What I learned in this community building unit that will help me in school:

.....

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.....

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.....

5. What I learned in this community building unit that will help me in life:

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6. What I still want to learn or experience:

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UNIT 2: ACTIVE LISTENING



LESSON 7: LISTENING BASICS

ACTIVITY 1: OPENING QUESTION

1. How do you know when someone is listening to you well or is not listening well?

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ACTIVITY 2: LOOKS / SOUNDS / FEELS LIKE

1. In what ways do you need to improve your listening skills?

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ACTIVITY 3: CONCENTRIC CIRCLES

1. How do you feel after being listened to by so many of your peers?

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HOMEWORK

Notice when you or others are listening well and when you and others are not.

HOMEWORK TRACKER

Who did you listen to?

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What did you do to demonstrate good listening skills?

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What happened afterwards?

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LESSON 8: OPEN-ENDED QUESTIONS

ACTIVITY 1: OPENING QUESTION

1. Who listens to you well?

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ACTIVITY 2: DOG AND BONE

1. What techniques did the bone thieves use to stay quiet?

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.....

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2. What did you learn about listening?

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ACTIVITY 3: ASKING QUESTIONS

1. How does asking questions affect a conversation?

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ACTIVITY 4: WALK AND TALK

1. What did you learn about the relationship between good listening and asking questions?

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HOMEWORK

Practice asking questions when listening to someone.

HOMework TRACKER

Who did you listen to?

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What question did you ask?

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What was the result?

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LESSON 9: LISTENING RESPONSES

ACTIVITY 1: OPENING QUESTION

1. How do you like people to respond after you say something?

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ACTIVITY 2: THE ART OF THE RESPONSE

1. What is your favorite way to respond to people after someone tells you something?

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ACTIVITY 3: GROUP CONVERSATIONS

1. How did responses differ in a group?

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HOMEWORK

Notice how you and others respond that demonstrates poor or good listening skills.

HOMEWORK TRACKER

Who did you listen to?

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How did you respond?

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What happened afterwards?

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LESSON 10: PARAPHRASING

ACTIVITY 1: OPENING QUESTION

1. When has miscommunication been a problem in your life?

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.....

ACTIVITY 2: BACK-TO-BACK DRAWING

1. Did your drawings look like what was described?

.....

.....

2. What was difficult about describing the image?
About listening?

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3. What did you learn about communication?

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.....



ACTIVITY 3: PARAPHRASE PRACTICE

1. How did paraphrasing improve communication?

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ACTIVITY 4: COMMUNICATION BREAKDOWN

1. How does paraphrasing compare with communicating without paraphrasing?

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HOMEWORK

Paraphrase what someone says to make sure you understand them.



HOMEWORK TRACKER

Who did you paraphrase?

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.....

.....

What words did you use?

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.....

What were the results?

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.....



LESSON 11: PARAPHRASING WITH TONE

ACTIVITY 1: OPENING QUESTION

1. What tone of voice gets your attention?

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.....

ACTIVITY 2: BLAH, BLAH, BLAH

1. What were you able and unable to communicate?

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.....
.....

2. How did your body language and tone affect comprehension?

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ACTIVITY 3: PARAPHRASE PRACTICE WITH TONE

1. How did listening to tone affect your feeling of being heard?

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HOMEWORK

Practice paraphrasing while matching someone's tone.

HOMEWORK TRACKER

Who did you paraphrase?

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What words did you use for paraphrase?

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What tone did you use?

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What happened afterwards?

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LESSON 12: LISTENING AND DISAGREEMENT

ACTIVITY 1: OPENING QUESTION

1. What do you do when you disagree with someone?

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ACTIVITY 2: SHARING UNDERSTANDING IN DISAGREEMENT

1. Were you able to communicate your perspective?

.....

.....

.....

2. Did you understand the arguments of anyone who disagreed with you?

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ACTIVITY 3: LOGICAL UNDERSTANDING

1. How did paraphrasing and acknowledging the logic of someone's argument affect the discussions?

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HOMEWORK

Practice disagreeing agreeably.

HOMEWORK TRACKER

Who did you paraphrase?

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What was the logic behind what they said?

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**What happened after you paraphrased what they said
with an affirmation of their logic?**

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UNIT 2: POST-ASSESSMENT

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To what extent do you agree with each statement?

1. I am a good listener.

Strongly Disagree *Disagree* *Agree* *Strongly Agree*

2. I know how to show someone that I understand them.

Strongly Disagree *Disagree* *Agree* *Strongly Agree*

3. I can show someone I understand them even if they disagree with me.

Strongly Disagree *Disagree* *Agree* *Strongly Agree*

4. I have improved my listening skills because of this learning unit.

Strongly Disagree *Disagree* *Agree* *Strongly Agree*

5. I have improved my ability to show someone that I understand them because of this learning unit.

Strongly Disagree *Disagree* *Agree* *Strongly Agree*

6. I have improved my ability to show someone I understand them even if they disagree with me.

Strongly Disagree *Disagree* *Agree* *Strongly Agree*

Complete the prompt:

7. What I learned about listening that will help me in school:

.....
.....
.....
.....
.....

8. What I learned about listening that will help me in life:

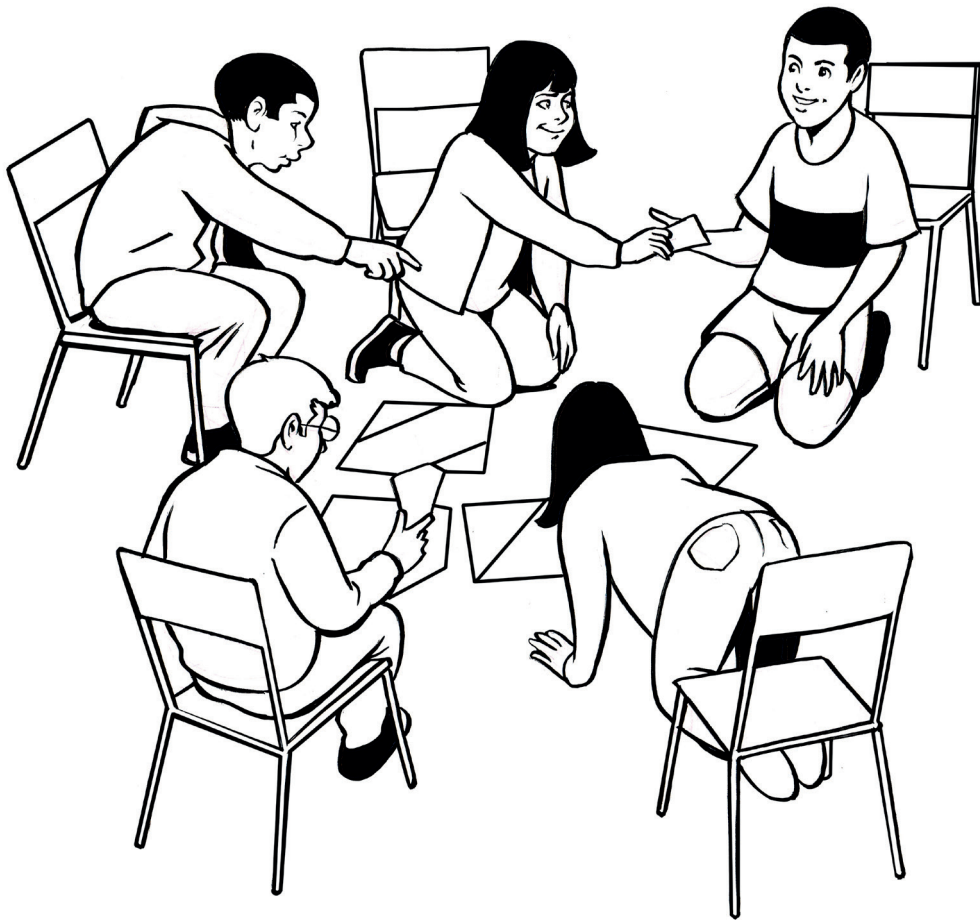
.....
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.....

9. What I still want to learn or experience:

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.....
.....



UNIT 3: RESPECT



LESSON 13: ALL ABOUT RESPECT

ACTIVITY 1: OPENING QUESTIONS

1. What does respect mean to you?

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.....

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2. How do you know when someone is giving you respect or not?

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ACTIVITY 2: SHARED DEFINITION

1. How did your understanding and perspective of this word change after your group discussion?

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