



Choice Board Lesson Plans



Week 2: Building Strong & Safe Foundations: Collective Identity

Division: SECONDARY

Category:

Comm & Team Building --- Physical Activation --- Social Emotional Skill Development

Lesson Title:

Conversation Starters – Icebreakers

Learning Goal:

Students and educators will develop a welcoming and caring classroom that supports learning, wellness, and equitable outcomes for all students.

Student Pre-Reflection/ Minds On:

Before you begin, think about...

- Who are some of the people that support me in my home, school, & community?
- When I don't know who to talk to, what steps can I take?

Learning Task/Activity:

The goal of the activity is for students to begin discussions as a class and get comfortable talking and problem solving together:

Educators can use these [conversation starters](#) as they see fit to open a discussion with students.

Week 1- Icebreakers (Cyan Cards 20-25- pg43-54)

Week 2- Icebreakers (Cyan Cards 20-25, pg43-54)

Week 3- Healthy Sleep (Magenta Cards 11-15, pg25-34)

Week 4- Seeking Help (Orange Cards 1-5- pg5-14)

Week 5- Helping a Friend (Purple Cards 6-10- pg. 5-14)

- Pick one card and ask the questions on one side
- Let the students lead the discussion
- Use the prompts and suggestions on the back of the card for additional ideas (consider what additional suggestions might be relevant locally)

Extension: Have students create additional cards for each week to begin conversations around topics that are important to them.

Ideas for Follow up / Discussion:

Conversation Starter Cards can be found [here](#).

- What is one thing that you learned about someone else in the class?
- How do various students celebrate their birthdays?

Further Resources:

N/A

Learning Connections:

We develop social-emotional learning skills throughout our lives. SEL has been shown to support student emotional wellness, when offered in the context of a caring, inclusive, equity-minded classroom setting. When student identity is affirmed, and skills are introduced in a developmentally appropriate and sequenced manner, students can select and adopt social-emotional strategies that build on their strengths. Both elementary and secondary curriculum contain expectations for social-emotional learning. Here is an outline of the six skill categories of social-emotional learning. The highlighted skills will be the focus of this lesson:

Students will learn skills to:

- **identify and manage emotions**
- **recognize sources of stress and cope with challenges**
- maintain positive motivation and perseverance
- **build relationships and communicate effectively**
- **develop self-awareness and sense of identity**
- think critically and creatively

So, they can:

- **express their feelings and understand the feelings of others**
- develop personal resilience
- foster a sense of optimism and hope
- **support healthy relationships and respect diversity**
- **develop a sense of identity and belonging**
- make informed decisions and solve problems

The resources in this series contain links to sources external to HWDSB such as YouTube and TedTalk. The written content also relies on information gathered from external sources such as School Mental Health-ASSIST, Ophea and others.

Your feedback is appreciated, please follow the link: <https://ca.research.net/r/educatorfeedback>



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