

WHYYOUMATTER

#wishyouknew

Friday, January 17, 2020

Teacher Preparation Slide

Materials:

- Projectors
- Google Slides Presentation
- White Board Markers (Option 1 only)
- Paper for Journaling (Option 3 only)
- 4X6 Note Cards - 1 per student/1 per adult
- Black Pens or Sharpies

Lesson Notes:

It is important that each teacher reviews the “Wish You Knew” statements after students complete them.

- Please pull out any inappropriate answers.
- Please pull out any answers that might require help or intervention from the counseling staff.

Please drop off any flagged cards with the student’s first and last name to Jason Murphy, Laura Naar, Laura Lutz, or Laura Woodruff.

Introduction Activity (Option #1)

Paint the White Board

1. Consider the question: What stood out to you or had an impact on you from yesterday's assembly?
2. Using a whiteboard marker, share your answer on the whiteboard.
 - a. You do not need to include your names.
3. Once everyone has contributed, discuss the following as a class:
 - a. What do these answers have in common?
 - b. What answers are unique or do you want to know more about?
 - c. Is there anything missing in these answers? If so, what?

Introduction Activity (Option #2)

Think - Pair - Share

1. Independently consider the following question:
 - a. What stood out to you or had an impact on you from yesterday's assembly?
2. Share your answer with a partner or your table group.
3. Pick one thing from your group discussion to share out with the class.
4. Discuss as a full class.
5. Repeat this process using this question:
 - a. Did the assembly change your perspective? Challenge your point of view? Or introduce you to new ideas? Explain.

Introduction Activity (Option #3)

Reflective Journaling

1. Please select one or more of the following prompts to write about:
 - a. How would you connect what you heard yesterday to your life at school? Your family? Your friends? Your goals?
 - b. How will you use what you heard or learned yesterday in the future?
 - c. Did the assembly change your perspective? Challenge your point of view? Or introduce you to new ideas? Explain.
2. Reflect on this question by journaling independently for five minutes.
3. If you run out of things to write about, move on to another question.

#Wishyouknew

The “Wish You Knew” campaign aims to spark honest conversations by sharing our truths, feelings, successes, and hardships in an effort to better support each other and connect as one community. Yesterday you saw the beginning of this conversation.

Today, we are asking you to add your voice to this conversation.

#Wishyouknew Reflections

Yesterday, we asked you to brainstorm. Today, we are asking you to contribute to the public art project by finishing the sentence “I wish you knew...”

If you need help finishing your sentence, consider the following:

- Experiences that have shaped you
- Advice you've benefited from
- People who have influenced your life
- Struggles you've faced
- Talents you have

Public Art Project

In the spring, your “I Wish You Knew...” statement will be posted throughout the community alongside statements from students at Beach, South, and North. Members of the community will have their own cards to respond to you with what they wish YOU knew.

Directions

On the index card provided, please do the following in black SHARPIE:

1. Write your FIRST name
 - a. This can be written in the bottom right corner next to your age OR you can write it on the back if you'd like to remain anonymous in the public art project.
2. Record your age
3. Clearly and legibly write your "I Wish You Knew ..." statement

Example Card

I wish you knew...

YOU ARE NOT
ALONE!

Lava

Age *83*

#WHYYOUMATTER#WISHYOUKNEW

Example Card

I wish you knew...

being spontaneous

>

overthinking

Age 18

#WHYYOUMATTER#WISHYOUKNEW

Example Card

I wish you knew...

That I'm worried my
Classes are too hard
for me to be Successful.

Age 15

#WHYYOUMATTER#WISHYOUKNEW

Example Card

I wish you knew...

how hard it is for me to
interact with people I want
to be friends with.

Age 17

#WHYYOUMATTER#WISHYOUKNEW

Thank you for your participation.

If this assembly or activity brought up questions or concerns for you, use your voice and contact a trusted adult in your life or here at school.

Help is available and effective. To access mental health resources, please visit the Chelsea High School Guidance Department website or visit the Counseling Office.

Your mental health is always a priority.