

Public Speaking: Brainstorm

Relationship Skills | Communication

Name: _____

Teacher: _____

Date: _____

Let's practice our public speaking skills! You're going to give a 1-2 minute speech on any topic you want. Brainstorm your topic by writing or drawing things that interest you in the box below.

Public Speaking: Preparation

Relationship Skills | Communication

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Once you've finished your brainstorm worksheet, select one topic and write it on the line below.

Now, using the box below, prepare to give your 1-2 minute speech about your topic. You can write down exactly what you're going to say, outline your main points, or just jot down some key words or images. When finished, perform your speech for your classmates or a small group of friends.

Memory Collage

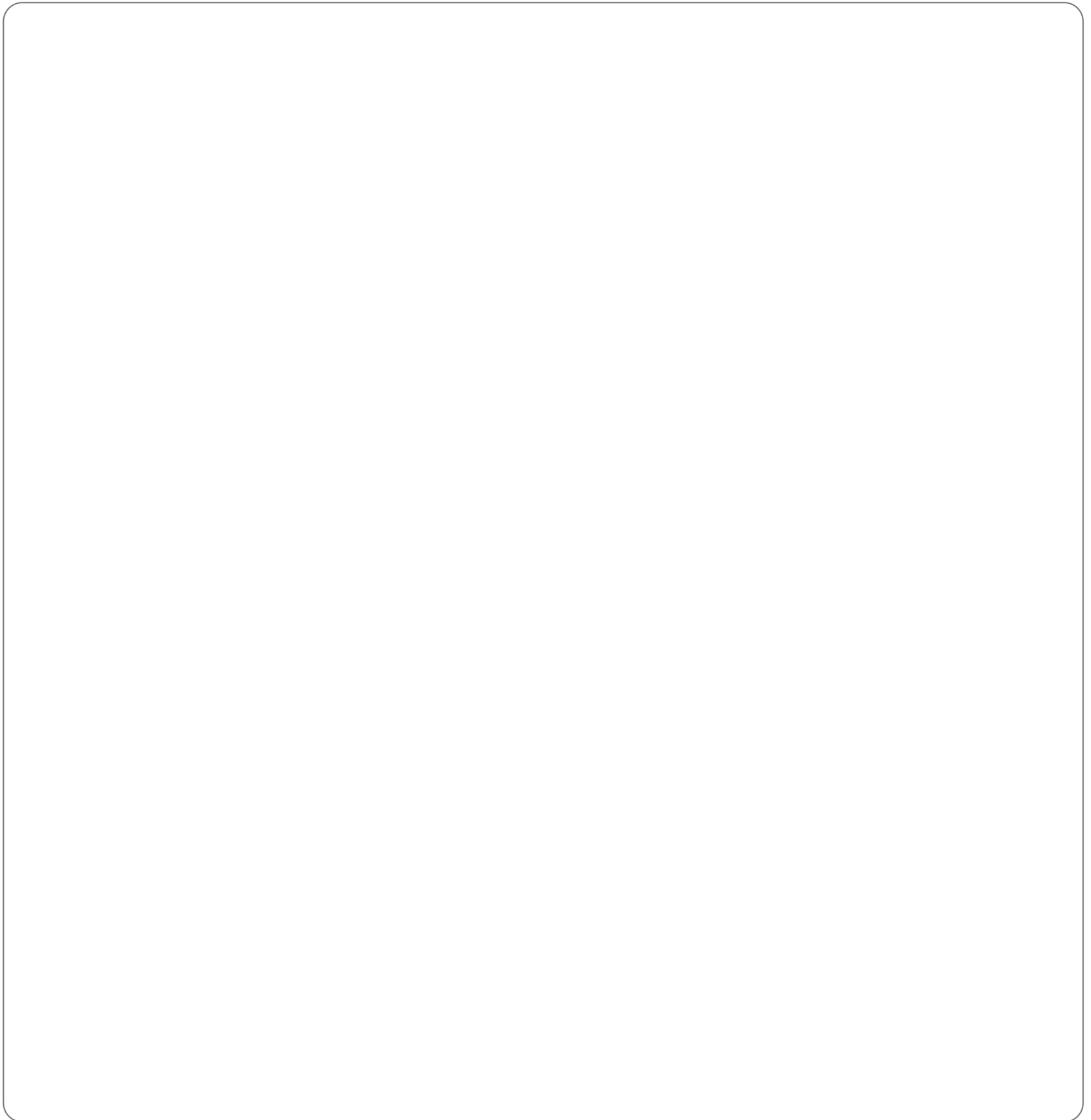
Relationship Skills | Communication

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Think of a significant person, pet, place, or experience that you miss and want to remember. Then, in the box below, use words, drawings, and/or photos to explore your memories and design a collage about your chosen subject.



Kindness Log

Relationship Skills | Social Engagement

Name: _____

Teacher: _____

Date: _____

If you look for it, you can see acts of kindness all around you. This week, take some time each day to notice the ways your friends, family members, classmates, or other members of your community show kindness. Write or draw your observations in the box below.

Random Acts of Kindness

Relationship Skills | Social Engagement

Name: _____

Teacher: _____

Date: _____

If you completed the Random Acts of Kindness unit in the SEL Middle School course, you may recognize this challenge! Complete the challenge by filling out the log below each day this week.

Monday

Do something kind for yourself.

Here's what I did...

Tuesday

Do something kind for your family or friends.

Here's what I did...

Wednesday

Do something kind for your school or a local business.

Here's what I did...

Thursday

Do something kind for your town or city.

Here's what I did...

Friday

Do something kind for an organization you admire.

Here's what I did...

Saturday

Do something kind online or on the phone.

Here's what I did...

Sunday

Do something kind for the environment.

Here's what I did...

Apology Letter Practice

Relationship Skills | Relationship Building

Name: _____

Teacher: _____

Date: _____

Imagine that your friend worked really hard on a science project, and you accidentally broke it. Write a practice apology letter in the space below. Remember to own your mistake, apologize genuinely without modifiers, and explain how you will change your actions and fix the harm you caused.

Friendship Word Clouds

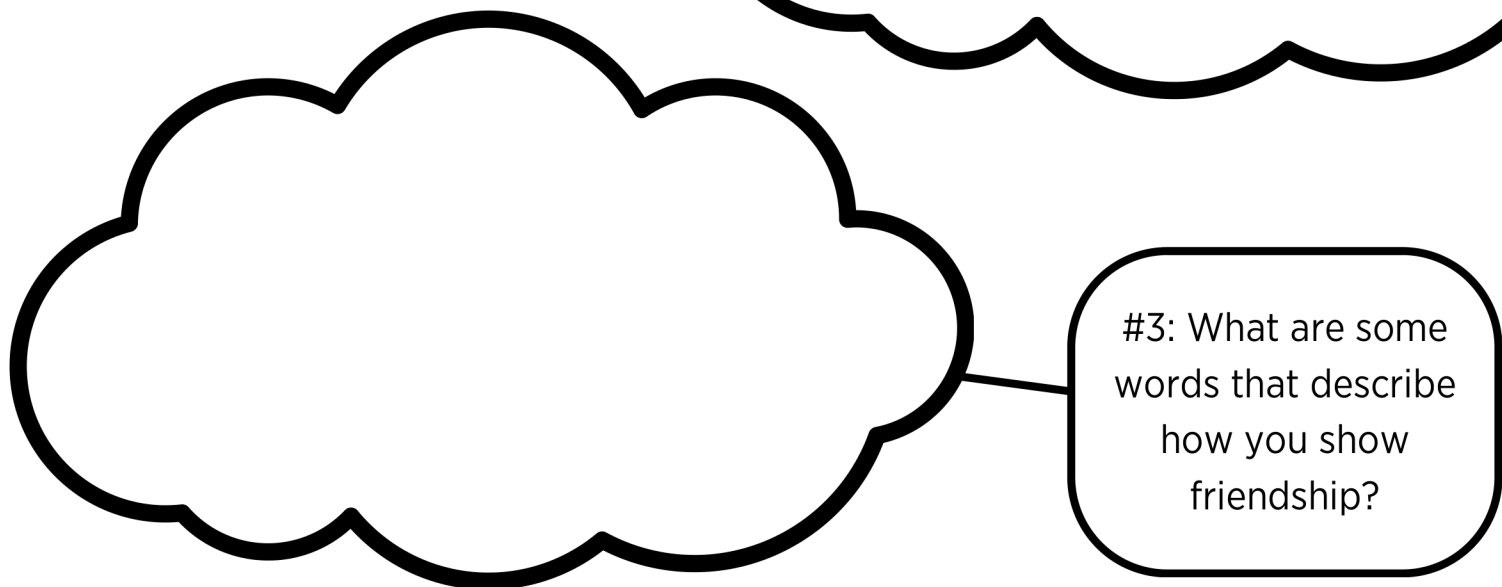
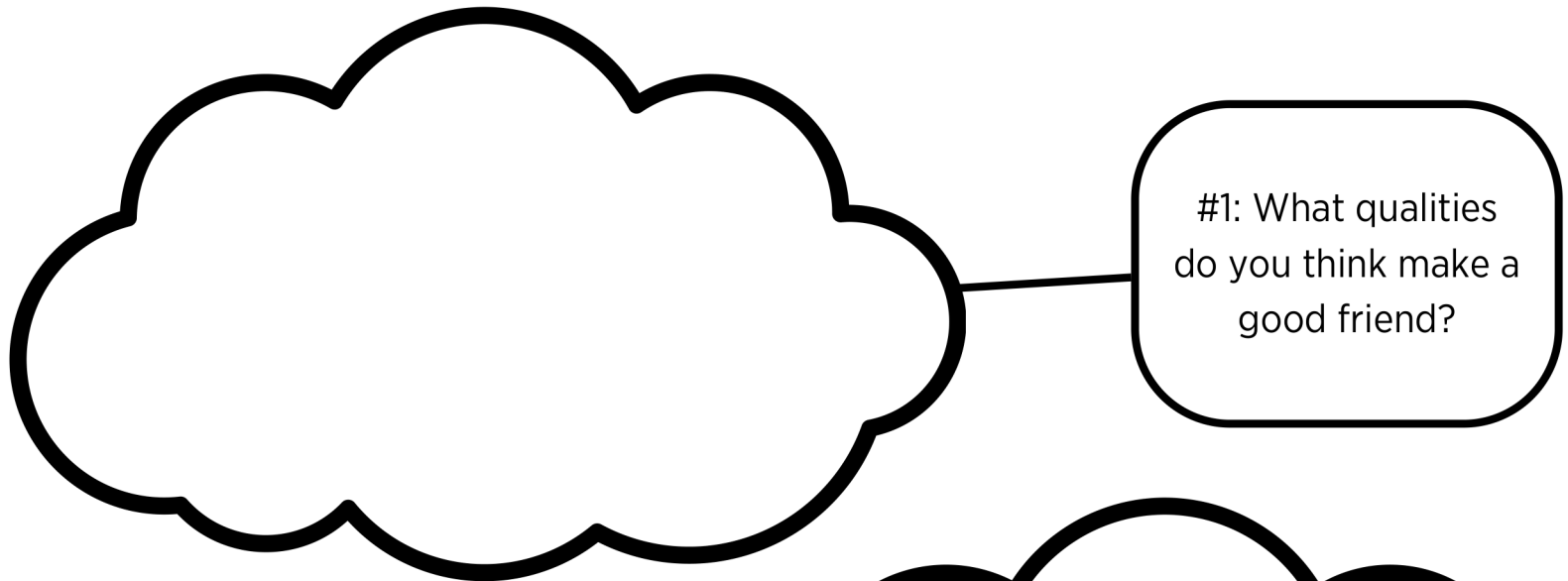
Relationship Skills | Relationship Building

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Create your own Friendship Word Clouds by filling in the clouds below with words for each prompt.



BONUS ACTIVITY: When finished, share your word cloud with your friends or classmates and use an online word cloud generator to combine all your words into one giant word cloud!

Newspaper Fashion Show

Relationship Skills | Teamwork

Name: _____

Teacher: _____

Date: _____

Challenge: With a team of classmates or friends, use only newspaper, scissors, and tape to design a full outfit. Once the outfit is complete, one of your teammates will model your outfit in a group fashion show. Use the form below to reflect and plan.

REFLECT: BEFORE

What are you excited to contribute to this team project? What will be challenging?

PLAN OF ACTION

What is the plan your team has come up with? What are your responsibilities?

REFLECT: AFTER

How was the fashion show? What did you like about this team project?
What would you do differently next time?

Deserted Island

Relationship Skills | Teamwork

Name: _____

Teacher: _____

Date: _____

Form a small team of 3-5 friends or classmates. Imagine that your team is stranded on a deserted island for one month. You have all the food and clean water you need, but your team can only bring three additional items to the island. Independently, circle the three items that you think would be the most beneficial to bring.

Multi-tools

Solar-powered flashlights

First aid kit

Fire starter kits

Tents and tarps

A bag of books to read

A box of board games

A map of the island

Insect repellent

Fishing gear

Waterproof jackets and shoes

Sleeping bags

When finished, discuss your choices with your teammates. Let each team member explain their choices and why they think these items would be the most beneficial. Then, as a team, decide which three items you'll be bringing; you can vote, if necessary! List the three items your team chose in the box below, and explain your team's reasoning.