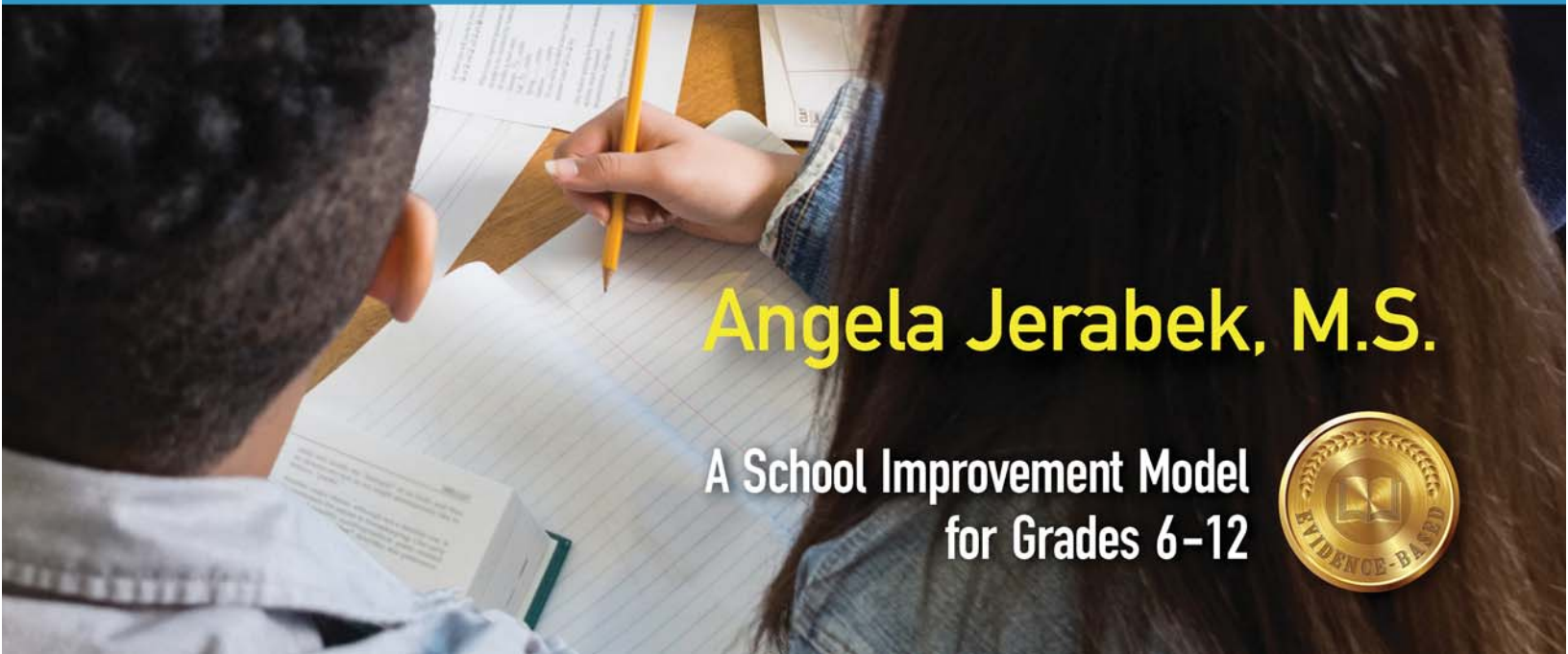


CLASSROOM CURRICULUM VOLUME 2



BARR

BUILDING ASSETS
REDUCING RISKS



Angela Jerabek, M.S.

A School Improvement Model
for Grades 6-12



BUILDING ASSETS

Reducing Risks

A SCHOOL IMPROVEMENT MODEL FOR GRADES 6–12

CLASSROOM CURRICULUM

VOLUME 2



Angela Jerabek, M.S.



Listed in SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP) and recognized by the Collaborative for Academic, Social, and Emotional Learning (CASEL)

Hazelden Trainers - Center City, MN

Contents

Acknowledgments	vii
How to Use This Classroom Curriculum Manual	ix
Introduction to <i>Building Assets, Reducing Risks</i>	1
Introduction to the Classroom “I-Time” Curriculum, Volume 2	7
I-Time (Volume 2) Scope and Sequence	11
Related National Academic Standards	13

Section 1: Building a Connected Community

Session 1: School Autobiography (30 minutes)	22
Session 2: Conversation Dice (30 minutes).....	26
Session 3: Putting the Pieces Together (50 minutes)	30
Session 4: Kindness Counts (30 minutes)	32
Session 5: Freeze and Thaw (30 minutes)	35
Session 6: Who Is Your Champion? (30 minutes)	38
Session 7: Creating Connections (30 minutes)	43

Section 2: Goals

Session 8: Adventure Journal (30 minutes).....	50
Session 9: North Star (30 minutes)	55
Session 10: Dream Mobile (30 minutes)	59
Session 11: My Life Auction (30 minutes)	61

Section 3: Self-Discovery

Session 12: Letter of Understanding (30 minutes)	69
Session 13: Reflection (50 minutes)	72
Session 14: Personality Portrait (30 minutes)	76
Session 15: Words That Resonate (30 minutes).....	79

Section 4: Communication

Session 16: Picture This (30 minutes)	85
Session 17: Looks Can Be Deceiving (30 or 40 minutes)	88
Session 18: Communications x 3 (30 minutes)	92

Section 5: Strengths/Assets

Session 19: Do You Know You? (30 minutes) 97
Session 20: Assets Scavenger Hunt (30 minutes) 101
Session 21: Strengths Commercial (30 minutes) 106
Session 22: Self-Talk (30 minutes) 109
Session 23: Lollipop Moments (30 minutes) 114

Section 6: Grief and Loss

Session 24: Creating Hope (30 minutes) 118
Session 25: The Power of Words (30 minutes)..... 124

Section 7: Bullying

Session 26: Groupthink (30 minutes) 131
Session 27: They Came (30 minutes) 134
Session 28: What Is Cyberbullying? (30–50 minutes) 138
Session 29: What Happens When You Post? (30 minutes) 144

Section 8: Diversity

Session 30: I Am (30 minutes) 151
Session 31: Geography of Living (30 minutes) 154
Session 32: Perceptions (30 minutes) 156

Section 9: Risky Behavior/Risk-Taking

Session 33: Positive Risk-Taking (30 minutes) 162

Section 10: Dreams

Session 34: Letter to My Senior Self (30 minutes) 166
Session 35: Dream School (30 or 50 minutes) 170

I-Time Energizers 177
List of Handouts 183
About the Author 185



Session 2: Conversation Dice

TIME NEEDED

- 30 minutes


ASSET CATEGORIES

- Social Competencies
- Support

RISK/PROTECTIVE FACTORS

- Opportunities for pro-social involvement
- Bonding and attachment to school

MATERIALS NEEDED

- Dice (one die per pair of participants)
- Conversation Dice Questions handout 
- Timer
- Optional: bell

PREPARATION NEEDED

- Gather the materials needed.
- Photocopy/print out the Conversation Dice Questions handout (one per pair of participants).

Purpose

- To provide opportunities for participants and the facilitator to develop relationships
- To build conversation skills

Instructions

1. Explain the exercise and its purpose to the participants by saying:
Have you ever entered a room and not known anyone? Starting a conversation can be challenging. We're going to do an activity today that involves practicing conversation starting, and hopefully we'll find out new things about our classmates.
2. Have the participants find a classmate whom they don't know well and partner with him or her. If you have an odd number of participants, either pair up with a participant yourself or have one group of three.
3. When the participants have all found partners, provide each pair with the Conversation Dice Questions handout and one die. Tell them that they'll take turns rolling the die and answering questions.
4. Tell participants that the person in each pair whose birthday is closest to the day of this activity will start. He or she will roll the die and answer the question that correlates with the number they rolled under "Roll 1" on the handout. Each of the nine rolls has a separate set of questions that both participants will answer depending on the number they roll.
5. Allow two minutes per answer. Challenge the participants to fill the full two minutes with their answers. Remind them that the goal of the activity is to practice starting and carrying on a conversation with someone else.

6. Ring a bell or find another way to let participants know when to switch.
7. The partners will alternate turns rolling the die and sharing an answer nine times each.
8. When the participants have finished all nine rolls per person, ask them to talk with their partner and identify one interesting fact about him or her that they learned during their conversations to share with the class.
9. Allow time for participants to share their partner's one interesting fact with the class, if they feel comfortable doing so.
10. Ask the participants if they found out new information about their partners. Ask the class if it was easier to have a list of questions to work from when starting a conversation.

NOTES

Optional Follow-Up

This activity could be used a number of times throughout the school year. The facilitator only needs to be sure that participants are paired with new partners each time.

Grades 6–8 Adaptations

No adaptations are needed.

Conversation Dice Questions

Roll 1



- 1—What did you do this past weekend?
- 2—What are your plans for this coming weekend?
- 3—What do you like to do in your spare time?
- 4—What is the first thing you do when you wake up?
- 5—What is the last thing you do before you go to sleep?
- 6—What was the last thing you purchased?

Roll 2



- 1—What is your favorite holiday? Why?
- 2—What is your favorite day of the week? Why?
- 3—If you could meet anyone in history, who would it be and why?
- 4—What do you like to do to relax?
- 5—Are you a saver or a spender? Why?
- 6—What is your first childhood memory?

Roll 3





- 1—What type of kid were you (active, well-behaved, quiet, busy, etc.)?
- 2—What is one thing you miss about being a kid?
- 3—What was (is) your favorite subject in school and why?
- 4—What was (is) your least favorite subject in school and why?
- 5—What's the first thing you do after school?
- 6—What is your dream job?


Roll 4





- 1—If you had \$10 million, what would you do with that money?
- 2—Do you believe in soul mates?
- 3—If you could only make one phone call, whom would you call and why?
- 4—Would you rather be rich and never find true love, or be poor and find true love? Why?
- 5—Who is your favorite athlete and why?
- 6—If you could live anywhere in the world, where would it be? Why?

- Roll 5**
- 
- 1—What is your favorite thing to drink and why?
 - 2—What is your favorite food and why?
 - 3—What is your favorite meal of the day and why?
 - 4—Are there any foods that you dislike or will not eat? Why?
 - 5—What is your favorite restaurant and why?
 - 6—What is your favorite ice cream flavor and why?

- Roll 6**
- 
- 1—Who is your favorite actor? Why?
 - 2—What is your favorite movie of all time? Why?
 - 3—What was the worst movie you've ever seen? Why?
 - 4—What is your favorite TV show? Why?
 - 5—What is the last movie you saw? Did you like it? Why or why not?
 - 6—What type of music do you like to listen to? Why?

- Roll 7**
- 
- 1—Who is someone you look up to? Why?
 - 2—Where do you see yourself five years from now?
 - 3—What scares you?
 - 4—What is the best piece of advice you've received?
 - 5—What is your most embarrassing moment?
 - 6—What is the craziest thing you've ever done?

- Roll 8**
- 
- 1—What are some of your short-term goals?
 - 2—What are some of your long-term goals?
 - 3—If you could have any superpower, what would it be? Why?
 - 4—If you were stranded on a deserted island and you could have only one item with you, what would it be?
 - 5—Do you believe in luck? Why or why not?
 - 6—Do you prefer cats or dogs? Why?

- Roll 9**
- 
- 1—What is your favorite season? Why?
 - 2—Have you ever cried because you were so happy? What was the situation?
 - 3—What is the best thing that happened to you during the past week?
 - 4—What is the worst thing that happened to you during the past week?
 - 5—What is the most valuable thing that you own?
 - 6—What would you do if you only had twenty-four hours left to live?