

Minutes Introduction: Introducing 50 Acts – Hour One

**1 minute Warm-Up:** Make a face that shows me how your day is going, so that I know how we're all feeling going into this.

**5 minute Review:** I've chosen all of you to be part of my special leadership group. At Northwest, leaders are nice people who help their friends, their teachers and their families. In this group, we're going to talk about how we can be better leaders and make this school a better place. Now, who can tell me what a leader is? *All students should be raising their hands.*

Conclude: I'm so excited for this group! We'll be meeting every Monday and Wednesday for lunch in this room, and I'll pick all of you up from the cafeteria.

**5 minute Discussion/Activity:**

So, in this group, we're going to be talking about Acts of Greatness. Acts of Greatness are nice things that you do for other people. An act can be as small as saying "Thank you" to someone or as big as donating money to help people with cancer, the way we did with Hats for Heroes. Every week, we will use this group to set goals for Acts of Greatness we want to do, and we're going to talk about Acts that we've done.

So, there are five types of acts. You can do an Act of Greatness for yourself, by doing something that makes you a better student. That could mean asking for help or doing an extra credit project. You can do an Act of Greatness for Your Family. *What should that look like?* You can do an Act of Greatness for your teacher. *What could that look like?* You can do an Act of Greatness for your friend. *What would that look like?* You can do an Act of Greatness for people in your neighborhood, or the community. *What could that look like?*

**2 minute Reflection:** \* Use this time to answer any additional questions about the group, 50 Acts, or goal setting\* Set a goal for each group member to identify 2 Acts of Greatness that they see (at this time they do not have to be Acts that person has done)

**1 minute: Spirit Break:** At City Year, we do something call spirit breaks. So, everyone puts their hand into the circle. I'm going to choose a word - today, I'm going to choose greatness. We're going to move our hands up and down, like this (\*1, 2, 3). Then, we're all going to bring our hands up, say the word and snap. Ready!

**ACM Reflection and Commitments: Review your Session... What are your next steps?**

- The session proceeded exactly as planned, and all of the students seemed very excited about the idea of "Acts of Greatness"
- Each student committed to performing or seeing two Acts, and then reporting back to the group on Monday
- We are slowly but surely learning to Spirit Break
- Next steps: Introduce the 50 Acts logs to students as means of recording their Acts of Greatness, gradually make the goals more challenging (one of my students already told me she thought the current goal is too easy, because people didn't have to perform Acts of Greatness themselves)

**Response to prior coaching: Revisit prior "take-aways" or next steps. How does the work of this session advance those goals?**

Given that this is my first SEL session, that question is not applicable.

**Plan to Share w/ Partner Teacher: What will you share with your partner teacher? How will you collaborate to ensure students are making progress?**

- I have shared with my partner teacher that students have had very positive reactions to the first session, and that they seem excited to continue
- In the future, I hope to dialogue with my partner teacher to see if there are specific Acts of Greatness on which students should focus

**Plan to Share w/ Teammates: What will you share with your teammates? How will you collaborate to share best practices and/or get support?**

- I have shared with my teammates that the first session went well, and that I had a very positive, interactive conversation with my students
- I will collaborate to share best practices/get support by making sure to ask fellow 3rd grade Corps Members about their sessions and the tools that have worked for them