

Date: OCTOBER 19, 2016	GHS Seminar
Grade Level: 9-12	
Recommended Sequence	Seminar Meeting
Objective(s) / Learning Target(s):	<ol style="list-style-type: none"> 1. Students will discuss qualities of admirable, respected people 2. Students will brainstorm ways to make GHS a better place 3. Students will be kind and donate to TOTSKE in October 4. Students will demonstrate kindness and not harass or bully others☺ (this is an subliminal Olweus lesson)
Materials Needed:	Projector WE ARE GRINNELL CARD STOCK – in your mailbox
Suggested Process:	<p>Be More Kind</p> <p>Seminar Teachers: please partner up students in your seminar at the beginning.</p> <p>Think of a person you respect, admire, or love. It could be anyone, a parent, a sibling, an aunt or uncle, a teacher, a friend. You don't even have to know the person. Perhaps you greatly admire someone who has made a difference in your school or your community or the world. Picture them clearly in your mind. Visualize them smiling at you. When you have a sharp vision of the person in your mind's eye, try to notice what you are feeling as you think of the person.</p> <p>You might find yourself smiling as you think of the person. Perhaps your breathing slows down and your muscles relax. You feel safe in their company.</p> <p>Now, with your partner make a list of the admirable qualities those people possess. Try to name what it is about the person that makes them so special to you. Try to pinpoint exactly what it is about this person that impacts you.</p> <p>Have students share their list of admirable qualities with the whole group -- students do not need to name the person if they so choose. Perhaps you could model this by talking about the traits of someone you admire, respect, or love? Chances are the lists will include things like the person is caring, he/she cares about me, the person listens or listens without judging, the person makes them feel important or special, the person makes them laugh, or the person is generous. Most often students will list that the person is always kind.</p> <p>Have students notice what is not on their lists: Most of the time physical appearance is not on the list, but kindness is on the list. Most of the time how skinny or fat, how clear someone's skin is, who they are dating or married to, with whom they socialize, their weekend choices, even their race or gender do not make the list of qualities we admire in people. Yet these are often the things we use to judge ourselves and our peers. Talk about why this happens.</p>

	<p>We know what is important. What part of us gets hung up on the meaningless, superficial things? How can we change that?</p> <p>Please watch Kid Prez video: https://youtu.be/m5yCOSHeYn4</p> <p>How are we already showing kindness and empathy? (Hint. Hint. We're doing it every seminar in October)</p> <p>How will you show kindness and empathy to others in the next 24 hours? How will you continue to show kindness and empathy for the next 7 days? How will you make kindness and empathy a daily habit?</p> <p>Based on what we have discusses today, what can be our statement of belief. What can our seminar do to make GHS a kinder place? What is it "WE BELIEVE" as the GHS student body? Choose a statement or statements, write it on one of the cards, take a picture, and have one person - who has a Twitter account - tweet it to @_Drstutz with the hashtag #WeAreGrinnell. You could do one as a whole group or have students break into smaller groups to create a WE BELIEVE statement.</p> <p>Disclaimer: Seminars cannot use WE BELIEVE in kindness. WE BELIEVE in empathy.</p>
OTHER CONSIDERATIONS:	