

## 'Who are the people at your table?' Lesson: Freshmen

Nov. 7, 2017

	Lessons	Standards
<b>Last Week</b> Oct 30 – Nov 3	Early Release – No AG (Mon) AG Team Building (Tues) Link Crew (Fri)	SEL 2: Social Belonging
<b>This Week</b> Nov 6 - 10	<b>Who are the people at your table?</b> (Tues) Veteran's Day – No School (Fri)	SEL 1: Self-Regulation SEL 2: Social Belonging
<b>Next Week</b> Nov 13-17	Early Release - No AG (Mon) Thankfulness/Write a letter to someone at your table (Tues) End of Grading Period (Fri)	SEL 1: Self-Regulation SEL 2: Social Belonging

**Materials:** Who's at your table Handout (In box, Attached)

### Procedure:

1. Begin advisory according to personal preference.
2. Take attendance.
3. Read Announcements.
4. **Objective:** The lesson for today will help freshmen to think about who their social resources are and empower them to choose who they want and need to be social resources in their lives. It also addresses how they can be a social resource (or friend) for others.
5. Pass out the 'Who's at your table' Handout. Ask students to imagine they have a board or table of people who influence and run their lives. Have students write down the people who would currently be sitting on the board or be at their table.  
**Read the following to help students decide: Reflect upon the imagery of King Arthur's fabled round table. It is a great representation of the circle of influence in our lives. Each of us has a roundtable. We have people in our lives that bear great influence on us. We listen to them. We spend time with them. We go to school with them. We live with them. We work with them. One thing that we forget, however, is that we invite them. We create our circle of influence by invitation. We sometimes forget that it is our table, and we get to decide who gets a seat and who will have to sit elsewhere. Everyone seated is connected to each other through the people on either side of them. A table is also definite in that it only has so many seats. That means we should be selective and strategic about who is seated at our table.**

6. Next ask the students to add the following to their table. Who do you want to be at your table? Give students a few minutes to add anyone that they would like to be at their table but who is not there right now. **Then read the following: As I read the following types of people, identify who at your table fits the characteristics. Here are the people who you want at your table.**
  - a. **Coach**—This person helps you to be better. They share knowledge and expertise that enables you to grow. They hold you accountable for the things you say you want to achieve. They help you to move when you want to sit.
  - b. **Cheerleader**—This person makes you feel good about yourself. They encourage you and help you to remember how great you are. They bring you joy and make you laugh!
  - c. **Iron Sharpener**—This person sharpens and refines you. They may also point out—in love—where you are not being your best. They do so because they love and they want you to be your best and not just the best you feel like doing.
  - d. **North Star**—This person has achieved something you aspire and they serve as a great example that can guide, shape, stretch, and sharpen you.
7. **Give students time to identify who fits these rolls at their table and who they are missing? Identify some social resources at our school such as counselors, teachers, professionals, etc. who may be able to help students.**
8. **Next, discuss with students what characteristics they don't need at their table. Maybe you have some people sitting at your table who exude characteristics that are not helping you. Maybe you have these tendencies and can work on being a better resource for someone else?**
  - a. Unhappy and want others to be unhappy too. Jealous and rude behavior, demeaning comments. Lack the confidence to try. Attempt to make others believe that they can't either.
  - b. Negative views and narrow-focused worldview. Trouble seeing past a limited vision. Uncomfortable with change and improvement.
  - c. Seeing the world in terms of all that is wrong. The glass in half empty. Hurt, so they take out their hurt on the world.
  - d. Not taking an active role in growth or improvement of you or themselves.
9. Discuss why these characteristics can be harmful to you or to others? **Continue reading... But don't just invite people to your table or deny them a seat. Give**

**them a reason to want to be there. And what about you? Are you at someone else's table? Are you helping someone else to be better? Are you encouraging them on to grow and learn and be better than they were yesterday?**

- 10.** Here are the things you should always serve at your table and at other's table: Love, Openness, Honesty, Authenticity, Reciprocity, Peace, Inspiration, Motivation, Innovation, and Compassionate Confrontation. Uh-huh! That last one surprised you, didn't it? Create an environment where robust dialogue is appreciated. Don't create spectators by shutting down ideas that are different than yours or are not what you want to hear. If all you ever here is "Yes," you have a table full of spectators! "No" is not always a bad word. It is really an invitation for negotiation, dialogue, and innovation.
- 11.** Now, close your eyes and envision who is at your round table. Who is seated there? Who should be seated there? Who should be asked to leave? Whether your table includes friends, a parent, siblings, or other family members, a team at school, a teacher or counselor, or other community partners, you must be willing to take control of your invitation list. Make sure that you are deliberate in who is seated at your table. Sometimes you may even have to get up and start another table somewhere else! But remember, your circle of influence is by invitation only. It is an exclusive list that should be reserved only for those who will add value to your life and to whom you can add value.
- 12.** End advisory according to personal preference.