

How can you be a Social Resource for Others: Freshmen

Apr 10, 2018

	Lessons	Standards
Last Week Apr 2-6	AG Team Building – Spring Break Debrief (Tues)	SEL 2: Social Belonging
This Week Apr 9-13	Early Release – No AG (Mon) How can you be a Social Resource (Tues) ASB Elections & Mr. SHS Assembly (Fri)	SEL 1: Self-Regulation SEL 2: Social Belonging
Next Week Apr 16-20	Exploring Positive Relationships (Tues)	SEL 1: Self-Regulation SEL 2: Social Belonging

Materials: None

Procedure:

1. Begin advisory according to personal preference.
2. Take attendance.
3. Read Announcements.
4. **Objective:** The lesson for today will help freshmen to remember what it means to be a social resource and empower them to be a social resource or friend for others.
5. Ask students to remember the AG lesson in the Fall when we talked about who was at your table? Ask students to think for a minute and remember who was sitting at their table. Ask students to then list the characteristics of the people who were sitting at their table. If needed, read the following to help students remember: **(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).**
6. Next ask the students to consider the following questions. How can you be a social resource for someone else? How can you be seated at someone else’s table? How can you be a good friend to someone else? Often we think and worry about our own lives, but we don’t consider how we can affect the lives of others and how that would in turn impact us greatly.
7. There is a Chinese saying that goes: “If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help somebody.” For centuries, the greatest thinkers have suggested the same thing: Happiness is found in helping others.

“For it is in giving that we receive” — *Saint Francis of Assisi*

“The sole meaning of life is to serve humanity” — *Leo Tolstoy*

“We make a living by what we get; we make a life by what we give” — *Winston Churchill*

“Making money is a happiness; making other people happy is a superhappiness”
— *Nobel Peace Prize recipient Muhammad Yunus*

“Giving back is as good for you as it is for those you are helping, because giving gives you purpose. When you have a purpose-driven life, you’re a happier person” — *Goldie Hawn*

Scientific research provides compelling data to support the anecdotal evidence that giving is a powerful pathway to personal growth and lasting happiness. We now know that giving activates the same parts of the brain that are stimulated by food and intimate relationships. Helping others may just be the secret to living a life that is not only happier but also healthier, wealthier, more productive, and meaningful.

Next, read the following: As I read the following types of people, identify which one best suits you. Are you a...

- 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.

Note: You do not need to be one of these specifically. There are multiple ways you can help others and be a good friend.

8. Next, identify why the following behaviors are not examples of being a social resource or being a good friend.

- a. Unhappy and want others to be unhappy too.

- b. Jealous and rude behavior, demeaning comments.
 - c. Lacking confidence to try. Attempt to make others believe that they can't either.
 - d. Negative views and narrow-focused worldview. Trouble seeing past a limited vision. Uncomfortable with change and improvement.
 - e. 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.
 - f. Not taking an active role in growth or improvement of you or themselves.
9. What causes us to act in these ways? What is behind these behaviors? What other behaviors have you experienced that seem to break instead of build?
10. Remember the positive behaviors: **Love, Openness, Honesty, Authenticity, Reciprocity, Peace, Inspiration, Motivation, Innovation, and Compassionate Confrontation**. Now, close your eyes and envision tables in which you are sitting. Envision yourself sitting at one or two of your friend's tables. Envision yourself sitting at one of your classmate's table. Envision yourself lifting up others and having the confidence to do so.
11. Think of one person who you want to inspire today. Think about what you want to tell them or how you want to inspire them. Go and make it happen today!
12. End advisory according to personal preference.