

Syracuse City School District SEL Remote Learning: Social Awareness and Relationship Skills

Middle School Visual Biography Activity



“But why am I doing this lesson?” is what you may be thinking. Watch this short video below to learn more about social emotional learning.

<https://youtu.be/gGa9yieENKM>

What are Relationship Skills and Social Awareness?

- Relationship Skills are about developing healthy and trusting relationships with people in your life.
- Social Awareness is about being familiar with the environment around you, and understanding how you interact in the space
- Remember, what you think relationship skills and social awareness are might be different than what is above. That is okay! Talk with a trusted adult about what you think the two terms might mean to you.

Do you think Relationship Skills and Social Awareness are related?

- Yes!

Warm Up Questions

- What are **THREE** things you're grateful for today?
- Do you think there is a way for you to show your gratitude for these people or things? Why and how, or why not?



Role Model Activity

This activity will help you reflect on someone you trust and characteristics about them that you could even adopt for yourself!

1. First, think of an adult or peer that you trust and admire in school, or a role model. It could be a teacher, a classmate, a bus driver, a security officer, or anyone!
2. Find a blank sheet of paper or use a blank document on your device and something to write with if you're using paper.
3. Create a "visual **biography**" about this person. Some ideas are on the next page for traits and topics to include about them... ask yourself, why do I look up to this person?

*Remember, a **biography** is a true story about someone else

Visual Biography Ideas

- **Adjectives:** Write some describing words that helps you to describe this person. Maybe they are funny, loving, or kind.
- **Quotes:** Write something that this person has said that makes you feel happy or inspired.
- **Imagine it:** A visually creative design of the person. You can try drawing the person or maybe something they enjoy, like their favorite flower.
- **Memory:** Write or draw a memory that you share with this person.

On the bottom of your biography, write “I can learn _____ from this person by _____,” and fill in the blanks!

- Look over the traits or actions that you have drawn about this person. Find one or two things that you want to try to model to be like that person. If the person is kind, then maybe you can try showing an act of kindness today!

Activity Debrief

- Hopefully, this activity helped you feel a little more connected to your school community and the people you love there!
- If you feel comfortable, share your visual biography with the person you made it about. It would make their day!

Think about the following questions?

- How can you represent the traits that this represents in your environment at home and with remote learning?
- What would you include in a visual biography of yourself?

Don't forget to check out the [Social Emotional Tip of the Day](#) on the Syracuse City School District's Home Page!