

Brave Spaces and Emotions Matter

Freshman Information from Guidance



Workshop will start on September 29 and will continue through November.

When will we meet?
Check Enriching Students!

- + Navigating Naviance
- + Setting up a 4-year Plan in Naviance
- + Reviewing Graduation Requirements
- + Learning about Graduation Pathways
- + Drafting a 10th Grade Schedule in Skyward





Friday, September 8



CCA Café / GATHERING STAIRS

8 AM

BE THERE!

Class of 2027

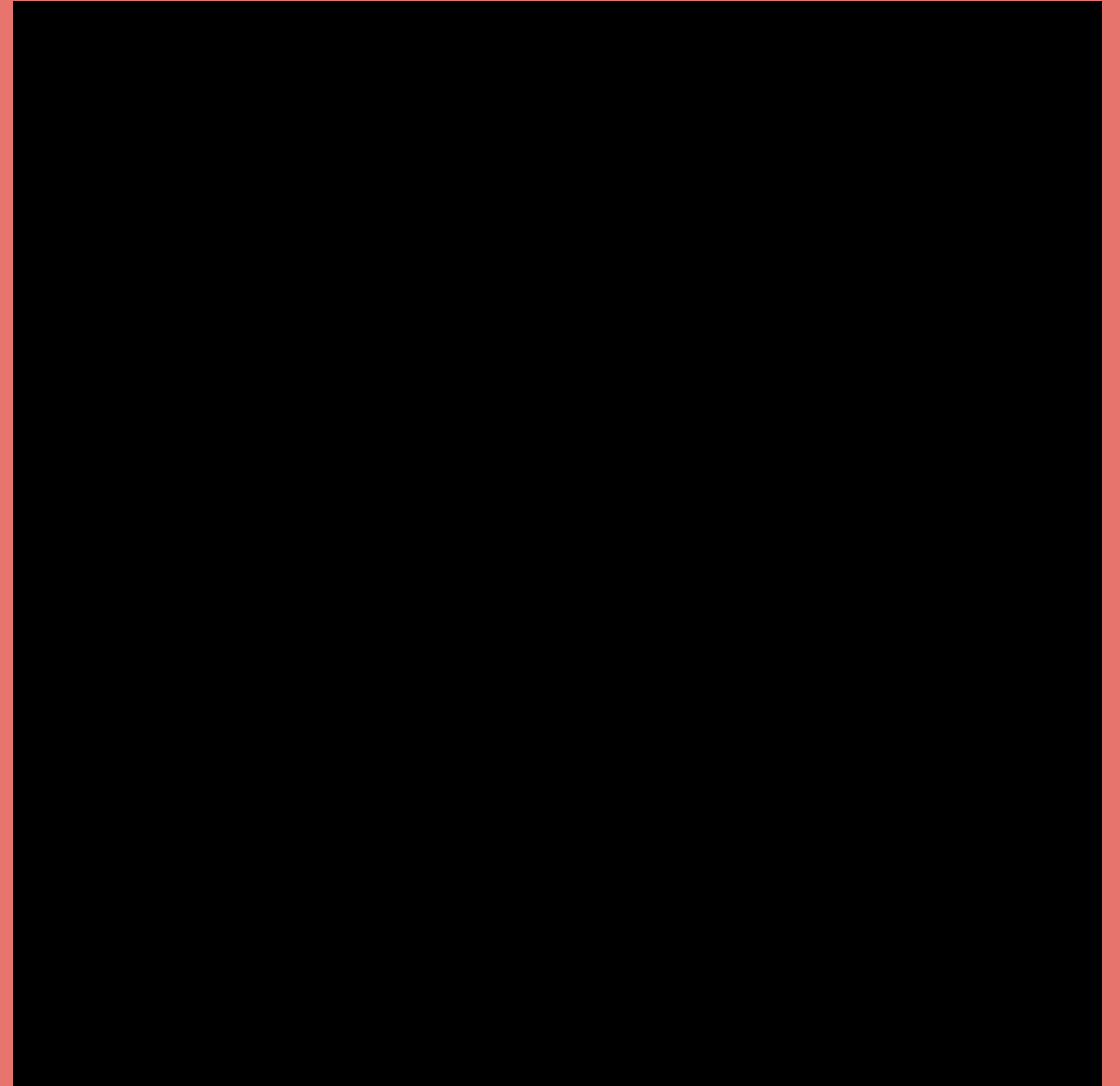
PACK THE STANDS!

Mudsock Football Game

Monday, September 11 @ 6:00 PM

- Gates open at 5:15 PM
- Freshmen get in free with their student IDs
- First 200 freshmen will get **free pizza** and a drink under the bleachers
- DJ at the pre-game pizza party
- **Class of 2027 sleeveless tshirts for this game's student section are on sale at all lunches (\$20)**
- Prizes will be raffled off
- Field Goal Kicking Contest at half-time with prizes

**Follow the FRESHMAN CLASS Instagram Page
@Fishershs_2027**





CIRCLE UP



Form a circle with your group in the classroom.
(Everyone should be equal distance from the center, including teachers)

You will need your group's **“talking piece”** or an item that allows only the person holding it to speak.

Everyone else listens to the speaker.

What is your class talking piece????



CIRCLE UP



Decide how you want to take turns speaking in your circle
(random, clockwise, or counterclockwise, or popcorn to each other)

What is the purpose of the circle?

Learn more about each other

Listen to one another

Become stronger as a class

Think of a tough, difficult conversation you've had in the past. Share one word to describe how you *felt* when that conversation ended.

Questions to Consider When Creating A Brave Space:



What conditions do you need to have a *conversation* and not an *argument*? What about discourse?

What is “healthy/affective communication?”

What is rumble language?

Brave Spaces: Discourse

What do I do if I disagree with someone?

discourse: *noun*

communication of thought by words;
talk; conversation

In our Brave Space, we want discourse that "supports, rather than undermines, the societal good". We want to respect each other, *even when* that respect is hard to give or to earn.

(adapted from Teaching Tolerance)

Brave Spaces: Communication 101

What do we communicate without speaking?

How can we promote a Brave Space with our verbal and non-verbal communication?

Brave Spaces: Non-verbal Communication

Positive Non-verbal Communication Examples

- Try to maintain eye contact
- Be aware of facial expressions
- Good posture matters – be open and inviting

Brave Spaces: Verbal Communication

- Always speak using “I” sentences:
 - “I feel excited that...”
 - “I am upset because....”
 - "I would prefer that.."
- Never “You” others or use "You statements":
 - “You are...”
 - “You said...”
 - "You always.."
- * Stay away from the tricky- “I feel You...”



However, feel free to "You" someone if you have something positive to say!
"You are so smart!"

Brave Spaces: Strategies that promote positive conditions

- **Repeat:** Say what you think you heard
- **Think:** Take time to think before you respond.
- **Breathe:** Yes, literally breathe.
Inhale for 5 seconds, hold 5 seconds, exhale 5 seconds.
- **Empathy:** Try to understand where someone is coming from and their lived experience.

Emotions Matter: Consider a conflict

Think of a conflict (*from personal experience or something you have observed*) **where a disagreement escalated, and emotions got out of hand.**

What happened?

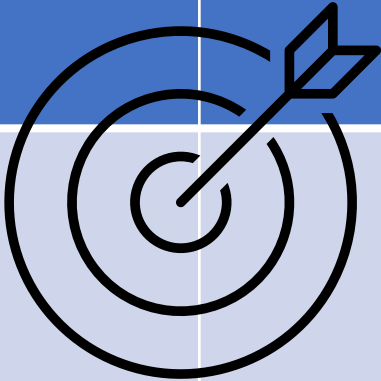
Emotions Matter: Consider a conflict

Think of a conflict (*from personal experience or something you have observed*) **where a disagreement escalated, and emotions got out of hand.**

What happened?

What was the GOAL of the one party?

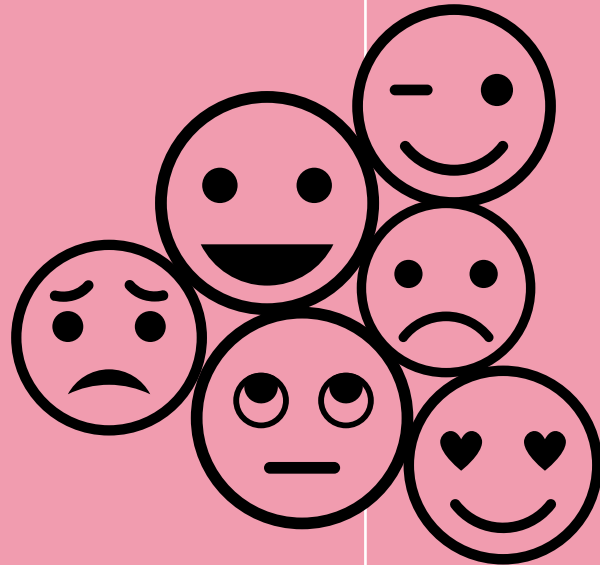
What was the GOAL of the other party?



Recognize and Label

What did the first party FEEL?

How did the other party FEEL?





Think back to that tough conversation you mentioned earlier in the circle activity. How you felt when it ended might be an indication of how well or if the issue was resolved.

- What would you do differently now ?
- What is most important to you in a brave space? What do you need? What do you think others need the most?
- What strategy will you use to help keep your emotions "in check" or regulated while in a brave space?



Teachers!

We want your feedback to help review this lesson.

Please take a few minutes to answer the questions in this optional survey:

- [SEL Teacher Feedback](#)