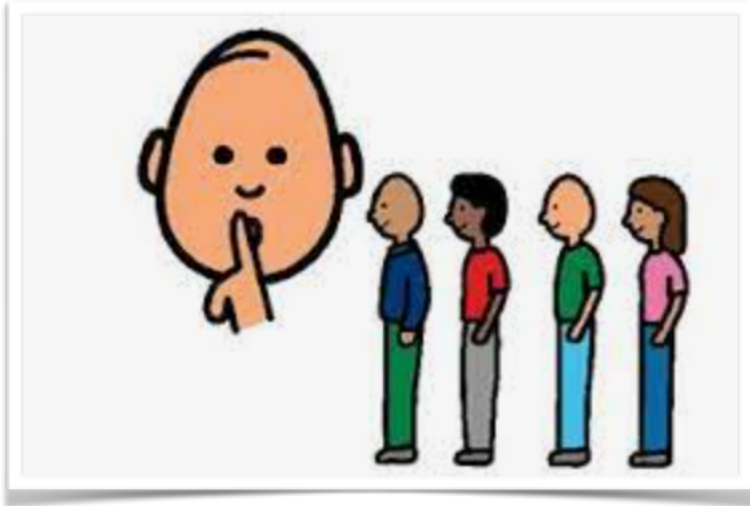


# SILENT LINE



In this lesson you will be able to introduce new student relationships and quickly gauge the temperature of the class in a fun and exciting way.

## Lesson 1 Focus Breathing: (1 minute)

- Sit up straight • Feet firmly planted on the floor
  - Hands relaxed on your legs
  - Take one deep breath in
  - One deep breath out
  - Take another deep breath in
  - And another deep breath out
- Group Activity: (20 minutes) Silent Line Up(#11 under group activities)
1. Tell students they will line up in a particular order without verbal communication
  2. First time- line up in order of birthdates (Month and day)
  3. Prepare students to decide how to communicate and move safely to successful outcome
- Adaptations: Line up by she size, by height, by number of brothers and sisters, number of letters in your name, ABC order of first or last names etc. \*\*You can do this multiple times to fill the time. GET CREATIVE\*\* Explain the why!!!! (refer to the diagram in the top right corner of this paper)
- Announcements: (3 minutes) (This is where you can state how/

what you want students to do to transition into the class. You can also address any classroom or school announcements) Transition Breathing: (1 minute)

- Take one deep breath in
- One deep breath out
- Deep breath in; smile out
- Consider how you are feeling a this moment
- Consider what you need to do next
- Consider how you will plan to do that
- Deep breath in; deep breath out
- Move your body quietly, but intentionally to accomplish your goals as you continue on with the rest of your day

Questions:

Kagan Strategy: **Round Robin Activity:** Have each member of the table share a response from the questions below. Finally have students share out responses.

1. Explain some of the challenges of getting in line without talking?
2. What are some challenges to getting to know people?
3. What emotions arise when you feel accepted in a group? Explain how it makes you feel
4. How about when you are not accepted in a group? Explain how it makes you feel
5. How can your actions result in making friends or not making friends?