



Learning to Rise: WHAT IS A SFD?

See pages 258-272 in *Dare to Lead*.

Length: 30-45 minutes

Our Why:

We will learn what stormy first drafts (SFDs) are and rumble with them so that we can begin to recognize when our initial stories may not be the truth. This will help us get curious about our emotions so that we can show up for ourselves and for our classroom community.

Vocabulary:

Stormy First Drafts (SFDs) - the first story we make up (ex. “The story I’m telling myself...”)

Materials:

None

Starting with the Learning

Connection for engagement:


- Share a student example or a student friendly personal example of a SFD. Below are a few examples.
 - Example 1: One time I was telling my friend a story and she huffed and rolled her eyes at me in the middle of it. The story that I told myself in that moment was that she was mad at me, she thought that I was boring, and she didn’t think I was cool enough to be her friend.
 - Example 2: My teacher was acting weird in class today and then told me that she was going to be reaching out to some of the parents tonight. The story that I told myself was that she was calling my parents, I knew she never liked me, I’m going to be in so much trouble, my parents are going to take my phone away.
- How many of you have ever had a moment like that?

Mini-lesson:

- Say, “*Our brain likes to make up stories, especially when*

Teacher Notes:

Front to back thinking sheet:

<p>The Story I'm Making Up...</p> <p>NAME: _____</p> <p>Draw how you are feeling below.</p> <p>What are you thinking?</p>  <p>How are you feeling?</p> <p>How does your body feel?</p> <p>What are your actions? (or something about)</p>	<p>Write your stormy first draft below.</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
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<p>The Story I'm Making Up...</p> <p>Think through your stormy first draft.</p> <p>Write your thoughts below.</p> <p>What more do I need to learn and understand about the situation?</p> <hr/> <hr/> <hr/> <hr/> <p>What do I need to learn and understand about the other people in the story?</p> <hr/> <hr/> <hr/> <hr/> <p>What more do I need to learn and understand about myself?</p> <hr/> <hr/> <hr/> <hr/>
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we don't have all the facts. And those stories that we make up aren't always true. When this happens, we call it our Stormy First Drafts, or SFDs."

- Share with students that when we do have a SFD, it's important that we rumble with our story and explore our story. Otherwise, we might believe that our SFD is the truth when it really isn't.
- Use the handout (first page only) to write (or draw/color if K-2) how your example played out and describe the emotions, physical reactions, thoughts, beliefs, and actions that resulted from your SFD.
 - K-2: Draw the SFD inside of the body and use the guiding questions outside of the body to draw emotions, physical reactions, thoughts, beliefs, and actions.
 - 3-5: Write the SFD on the first page and use the guiding questions outside of the body to write out the emotions, physical reactions, thoughts, beliefs, and actions.

Lesson Closing:

- Review what a SFD is and let students know that in another lesson you will talk about how we rumble with our story.

Extension Activity:

Have students think of a time when they had a SFD and have them complete the handout on their own.

- K-2: Have students draw and use colors to complete the handout and circulate around the room asking them to describe their drawing.
- 3-5: Have students write their SFD and the emotions, physical reactions, thoughts, beliefs and actions that resulted from their SFDs.

Moving from Knowledge to Daily Practice

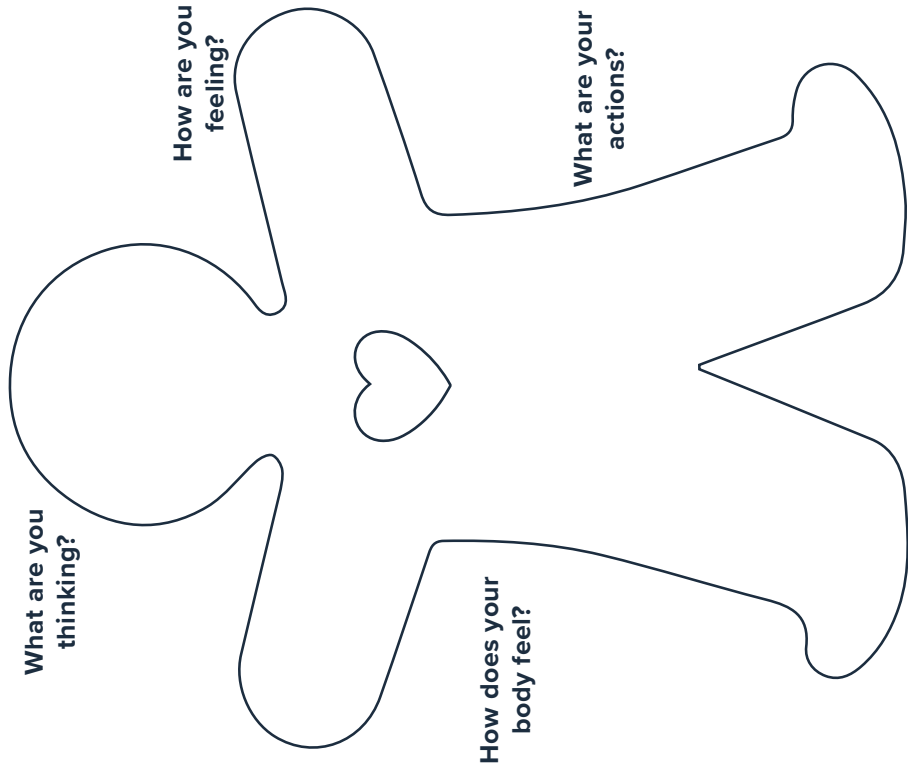
Moving from our hearts to our hands will be covered in the Rumbling with Our SFDs lesson.



The Story I'm Making Up...

NAME: _____

Draw how you are feeling below.



Write your stormy first draft below.

The Story I'm Making Up...

Think through your stormy first draft.

Write your thoughts below.

What more do I need to learn and understand about the situation?

What do I need to learn and understand about the other people in the story?

What more do I need to learn and understand about myself?
