



# RAD

## Lesson 2 Teaching Companion

### Lesson Summary

Lesson 2 addresses the first letter in the RAD acronym and introduces an important skill: Recognizing.

RAD is a values-based approach to SEL that focuses on helping individuals do the things that are important to them. RAD also addresses the things that get in the way of doing what's important.

These are introduced later as RoAD Blocks, and participants will eventually learn strategies to manage them. In order to understand this, it is essential that participants recognize the difference between thoughts, feelings, and behaviours—and this is what this lesson addresses.

### Extension Ideas

#### Guess the picture

Showing funny pictures of individuals is a great way to start or extend this lesson. Have participants identify what the people in the picture may be thinking, feeling or doing to reinforce the concepts from the lesson. Have them guess the actual context of what is happening and then share the result.

The New York Times publishes a series called “What’s Going On in This Picture?” <https://www.nytimes.com/spotlight/learning-multimedia> is an excellent resource to do this. They have a collection of their Top 40 images here: <https://www.nytimes.com/2016/09/22/learning/40-intriguing-photos-to-make-students-think.html>

It's best to preview and select photos in advance, as some might lead to off-topic discussions.

If you prefer you can also find other images online or take your own.

A template to use as an activity is included.

#### Guess the activity

Another idea is to play a guessing game where you give clues based on what you were feeling, thinking, and doing, and others have to guess the full context. For example: I was feeling anxious, thinking “please get a hit,” and having snacks. The full context: I was watching a baseball game. A template for this is included as well.

#### Panda Fish and Prison Pony

Somewhere in internet land is the link to these posts: However, some may not be okay for school so screening is a must. I haven't included the link, but if you must- you can probably find it on your own. However, the narration and images in RAD come pretty quick and you might want to use r rewind to th panda fish, as this will be coming up later as one of my attempts at humour.



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Identify the possible thoughts, feelings and behaviours for the pictures shared.

Image Shown (Number or title)	Possible Thought	Possible Feeling	My guess about what is happening?	How close was your guess to what is actually happening?
				<input type="checkbox"/> Very close <input type="checkbox"/> Sort of close <input type="checkbox"/> Not close at all
				<input type="checkbox"/> Very close <input type="checkbox"/> Sort of close <input type="checkbox"/> Not close at all
				<input type="checkbox"/> Very close <input type="checkbox"/> Sort of close <input type="checkbox"/> Not close at all
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				<input type="checkbox"/> Very close <input type="checkbox"/> Sort of close <input type="checkbox"/> Not close at all
				<input type="checkbox"/> Very close <input type="checkbox"/> Sort of close <input type="checkbox"/> Not close at all

Create some clues to share so others can guess the activity you are describing.

Feeling	Thought	General behaviour	Detailed description of what you are doing
			Did others guess what you were describing? <input type="checkbox"/> Yes <input type="checkbox"/> No
			Did others guess what you were describing? <input type="checkbox"/> Yes <input type="checkbox"/> No



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