



Substitute Teacher Prompts

Middle School and High School

Quickstart Guide

Overview: The 5 Radical Minutes program team knows that a substitute teacher's day includes a lot to manage. We want to make sure this part is easy!! This class has been using a 5-minute program every day in their classroom. It's a simple paired activity but has proven to be quite transformative.

Prepare: Read through the prompts that follow. You'll see we've provided simple instructions for you. The instructions you are to read to the class are in blue text boxes so it is easy to know what they need to hear. Specifically, students pair up and then you'll ring a bell to start a 2-minute sharing session where one talks and one listens. Ring the bell after these 2 minutes to let them know it is time to switch roles for another two minutes. When complete, ring the bell to start their connecting time, which is 1 minute of conversation. (The teacher might have left you a bell or chime, but if not, you can improvise or just tell students when it is time to switch.)

Details of the Program Structure

Although there are three different kinds of 5 Radical Minutes activities, you'll only be using the easiest to oversee – the "paired sharing" activities. (More information on the others follows.)

Paired Activities are structured, paired activities that bring students together with all others in the classroom over time. As a result, *all* classmates get to know one another. Designed to foster acceptance, compassion, and kindness, paired sharing connects youth who may feel isolated or not liked with fellow students and reveals what they have in common with one another. Look through the prompt or prompts the teacher has left for you. If you have several, choose one you'd most like to do. If you do several days in a row with this class, use a different one each day. If you're going to be there for more than a week, ask to meet the coordinator of this program for the building, so s/he can show you how you can log into the program and what day the school is on. That person will guide you.

More About the Program

Should you be interested in using this program in other schools or districts, we'd love to help you with that. The whole program also includes two other kinds of activities; **Community Circles** when students meet as a whole group to build community by bonding with fun activities or problem-solving circles, and **Mindfulness-Based Stress Reduction** is the third part of the program. Hop on the website (www.5radicalminutes.com) and take a look!

You are welcome to use our public "Blue Sky Moments" webpage where you will find guided imagery and breathing exercises that help students calm down and focus, resulting in less aggression, better concentration, increased academic success and more. Those are available any time to any one, so feel free to introduce others to them as well.



When We Need Support

Introduction

Your teacher left a note about starting the day with the five-minute activity, 5 Radical Minutes. This is my first time working with you, so I'm looking forward to how we'll do this together. Let's go ahead and pair up.

Your teacher should have left notes on an easy way for you to pair students.

Prompt

For two minutes, one student responds to the prompt and the other listens. After two minutes, they switch roles. The second student now responding to the prompt and not what the other person has shared. You'll need to time them and ring a bell or somehow let them know when it is time to switch roles.

Today your prompt is to share a time when you needed someone to help, or be patient, or to cooperate with you in some way, and that person really came through for you. What was the circumstance? What were your needs? How did it turn out?

Connecting

The last minute is a time for pairs to share; it is a conversation.

What did your stories have in common – and what are the feelings people have when others support them?

Daily Challenge

This challenge is designed to keep students thinking about these 5 Radical Minutes insights throughout the rest of the day.

Today, look for opportunities for making other's lives a little easier if there is something you can do to smooth the way.



When Others Need Our Support

Introduction

Your teacher left a note about starting the day with the five-minute activity, 5 Radical Minutes. This is my first time working with you, so I'm looking forward to how we'll do this together. Let's go ahead and pair up.

Your teacher should have left notes on an easy way for you to pair students.

Prompt

For two minutes, one student responds to the prompt and the other listens. After two minutes, they switch roles. The second student now responding to the prompt and not what the other person has shared. You'll need to time them and ring a bell or somehow let them know when it is time to switch roles.

Today your prompt is to share about a time when you supported someone else at a time that they needed your patience, support or cooperation. What was the circumstance?
Did your support require a lot of effort on your part?

Connecting

The last minute is a time for pairs to share; it is a conversation.

What did you have in common? Describe the part inside that feels good when you make the higher choice or sacrifice for someone else in a way that matters for them.

Daily Challenge

This challenge is designed to keep students thinking about these 5 Radical Minutes insights throughout the rest of the day.

Remember to say thank you to people who are doing things that make your life easier, and look for opportunities to support others.



Learning from Mistakes and Challenges

Introduction

Your teacher left a note about starting the day with the five-minute activity, 5 Radical Minutes. This is my first time working with you, so I'm looking forward to how we'll do this together. Let's go ahead and pair up.

Your teacher should have left notes on an easy way for you to pair students.

Prompt

For two minutes, one student responds to the prompt and the other listens. After two minutes, they switch roles. The second student now responding to the prompt and not what the other person has shared. You'll need to time them and ring a bell or somehow let them know when it is time to switch roles.

Today's prompt is to share a story or example of something you learned by watching someone else's mistake or challenge. It might be noticing the outcome of seeing older siblings make choices that didn't turn out well or something you've heard about in the news. When you talk about the issue, don't talk about the person who had the challenge by name or how you know them. It isn't kind to talk about others in that way. But we can talk about the actions and lessons without identifying the person. So you might talk about knowing about a teenager who was texting and had an accident ...

Connecting

The last minute is a time for pairs to share; it is a conversation.

What is the value to each of us to learn by other's mistakes?

Daily Challenge

This challenge is designed to keep students thinking about these 5 Radical Minutes insights throughout the rest of the day.

Today, think ahead about the choice you make as circumstances arise, and think about making choices that won't result in our having to learn a painful lesson!



Making the World a Better Place

Introduction

Your teacher left a note about starting the day with the five-minute activity, 5 Radical Minutes. This is my first time working with you, so I'm looking forward to how we'll do this together. Let's go ahead and pair up.

Your teacher should have left notes on an easy way for you to pair students.

Prompt

For two minutes, one student responds to the prompt and the other listens. After two minutes, they switch roles. The second student now responding to the prompt and not what the other person has shared. You'll need to time them and ring a bell or somehow let them know when it is time to switch roles.

Today, talk about something you'd like to do when you grow up to make the world a better place.

Connecting

The last minute is a time for pairs to share; it is a conversation.

Talk about what it feels like to do something that makes a difference for others.

Daily Challenge

This challenge is designed to keep students thinking about these 5 Radical Minutes insights throughout the rest of the day.

Today, look for little things you can do in the moment to make the world a better place!



Happy Memories

Introduction

Your teacher left a note about starting the day with the five-minute activity, 5 Radical Minutes. This is my first time working with you, so I'm looking forward to how we'll do this together. Let's go ahead and pair up.

Your teacher should have left notes on an easy way for you to pair students.

Prompt

For two minutes, one student responds to the prompt and the other listens. After two minutes, they switch roles. The second student now responding to the prompt and not what the other person has shared. You'll need to time them and ring a bell or somehow let them know when it is time to switch roles.

Talk about one of your happiest or funniest memories. It can be anything as long as what was funny wasn't hurtful to someone else in the process. Think about the difference in laughing at someone else's expense (which is not OK) vs. laughing at a funny circumstance.

Connecting

The last minute is a time for pairs to share; it is a conversation.

Why is laughter so important? Why and how does it bring people together?

Daily Challenge

This challenge is designed to keep students thinking about these 5 Radical Minutes insights throughout the rest of the day.

Today look for every single way you can bring laughter into people's lives, remembering that it should never be at someone else's expense or hurting anyone's feelings in any way.