IT HAPPENED ON SATURDAY BY SYDNEY DUNLAP
SEL DISCUSSION GUIDE

CASEL Competency	How it Appears in the Book	Discussion/ Activities Tie-Ins
Self-Awareness	Julia tries to keep up with her peers by getting a makeover and posting pictures online, even though there are many things she'd rather do. She later recognizes the importance of being true to herself rather than trying to do what she feels her peers expect of her.	Ask: *How do you know when you are doing something because you truly want to rather than trying to meet other people's expectations?*
Self-Management	Julia realizes she is experiencing the effects of a traumatic situation and begins to appreciate and apply the strategies she is learning in her counseling group.	Activity*: Find the strategies that help with stress discussed in the counseling group. What are some things that you find calming? Do any match up with the ones mentioned in the book?*
Social Awareness	Julia gains a better understanding of how her behavior and reactions affect those around her, especially her family, and she develops a new empathy and understanding toward them.	Ask: *Compare Julia's interactions with her mom, dad, and sister at the beginning of the novel to those at the end. How has she changed and grown?*
Relationship Skills	Julia and her BFF Nori go through a difficult time in their friendship, but eventually communicate honestly about their feelings, apologize, and reconcile. They recognize the importance of being truthful and the value of talking things out when conflict occurs.	Role-play: *One person tells the other about something that is hard to talk about, and the other models in their reaction how to provide support and show respect for a friend.*
Responsible Decision-Making	Julia trusted Tyler, a stranger she met online, even though she knew it wasn't a good idea to communicate with him. She begins to understand the importance of careful decision-making, especially when safety is involved.	Role-play: *One person is thinking of doing something risky that is probably NOT a good idea. The other person tries to explain why, in a way they'll understand.*

EXTENSION IDEAS FOR SEL LESSONS

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Activities

Journal Prompt: Have you ever felt like you had to keep a big secret from either friends or family? Did you end up sharing it with them? Why or why not?

Perspective-Taking: Write notes back and forth between Julia and Nori that might have taken place if they had both been completely up front with one another about how they felt during the time their friendship was strained.

Family Connection: Julia's dad loves to cook and is always making fun and interesting recipes for the family. Does anyone in your family have a special talent that they share? Maybe you can try a related activity together sometime. (Also, which of the recipes in the story sounds the best to you?)

Mental Health Small Group Discussion: Have you ever experienced symptoms of stress similar to those Julia had? Do you feel that the way she responded to a traumatic event was how people in your life would have reacted? If a friend is going through something challenging, how can you help? (Only share answers that you feel comfortable discussing)