

ACT IT OUT

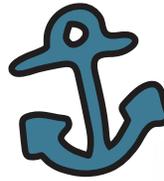
You've been talking about things you can do to help make yourself feel better when you have different emotions. And you've also talked about how to help a friend. Now, act it out! This can help prepare you if you do find yourself in a similar situation.



Part 1: What would you do if you were in this situation?

For each situation below, answer these three questions. Then act out the situation with your group.

- ▶ How would you feel?
 - ▶ Which trusted adult could you talk to about the situation?
 - ▶ What could you do to help make yourself feel better?
1. You have a big math test coming up. You're nervous about the test.
 2. You're about to join a new soccer team. You're excited, but nervous at the same time.
 3. Your older brother teases you constantly about how you look and dress.
 4. Your mom travels a lot for work, and you miss her.



TIPS FOR HELPING A FRIEND

- ▶ **Check in.** Let your friends know you are there if they want to talk. Ask questions to learn how you can be helpful. Include them in plans to let them know they aren't alone.
- ▶ **Watch what you say.** If a friend is struggling with bad feelings, don't say mean things or make fun of them. Just reassure them you are there for them.
- ▶ **Talk to someone you trust.** It's ok to feel confused or hurt by things a friend has said or done. Talk to a trusted adult about how you are feeling and how you can talk with your friend.
- ▶ **Just be there.** When a friend is going through changes, the best thing you can do is ask how you can support them.

Part 2: What could you do if your friend was in this situation?

For each situation below, answer these three questions. Then act out the situation with your group.

- ▶ What might your friend be feeling?
 - ▶ Which trusted adult could you talk to about your friend's situation?
 - ▶ What could you do to help make your friend feel better?
1. Your friend is called names and is pushed by an older student. He is afraid to go to the cafeteria.
 2. Your friend takes medicine to help her feel less anxious. She is worried people will tease her.
 3. You and your friend try out for the school play. You get a role, but your friend does not.
 4. Your friend thinks that his older sister is smoking, and he is worried about her.



FAMILY NOTE

Talk with your children about the scenarios above. Ask them to share how they would respond. Open the dialogue by letting your children know if you've ever experienced any of these situations or similar ones as a child.