

Explain that sadness is often at the root of jealous feelings and can be an easier emotion to express and hear. See what your class thinks.

● RESILIENT Activity 2 *Don't Tease Me*

PRACTICE

Responding to teasing when expressing sad feelings

"Fear of teasing can be one reason people hide their true feelings. If someone teases you for showing your emotions, do you know how to respond? Let's practice."

Tell your students that you are going to pretend to be sad. Then say, "Okay, class, I want you to tease me for showing my sadness." After the teasing comments, model how to make eye contact and confidently yet casually say any of the following:

"I wouldn't say that to you."

"Haven't you ever felt sad?"

"I'm not afraid to feel sad."

"(Person's name), please stop."

Remind students that the goal is to stay calm. They don't want to snap like Cloud even if someone is making a mistake and teasing. By staying calm and sticking up for themselves, they're letting teasers know that they are cool with anything they may be feeling. They're also being brave and kind to themselves and to the person who teased them.

Reverse roles so your students can practice what to do should they be teased for expressing or showing sadness. Let younger students hold Cloud and use him as a puppet to tell people not to tease.

Let students know that sometimes it may be necessary to use a more serious voice, face, and words to stop the teasing. This can feel scary, impolite, and upsetting for certain personalities

and temperaments. Use the Kimochis™ feeling pillows to have students get in touch with how it feels to stand up for themselves when being teased. Ask them, "How does it feel to stand up for yourself and tell someone not to tease you?" Reassure students that being serious is a positive thing. It is a way to be kind to yourself and to teach people how you expect to be treated.

Have students tease you and not stop when you ask so that you can model these five communication steps to show seriousness when you want teasing to stop.

1. Call the teaser's name.
2. Pause.
3. Use wide eyes and a slow, serious tone of voice.
4. Say, "I asked you to stop. STOP!"
5. Say, "Thank you" when you can see that the person hears you to give him the idea that you expect he will respect your words.

For students with social-emotional challenges, make a Reminder Card (see page 63) that includes the steps listed above. Simplify the steps with simple pictures or icons if the student is unable to read the words. Prompt the student to take the card with him where teasing is most likely to happen.

Reverse roles and tease every student who is willing to participate. (Even students who choose to watch will pick up this valuable skill!) Have partners take turns, one teasing, the other for showing his emotions, and the other speaking up in a confident, kind way. End the activity by asking: "How would our school be different if everyone felt safe enough to express their true feelings when they are sad?"