

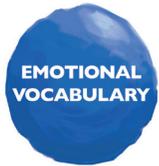
For students with social-emotional challenges, write a Social Narrative (see page 63) about how to think hopeful thoughts and forget hopeless ones. Include a script from the activity above.

BE RESILIENT The following communication activities will help students be resilient when expressing or listening to mad feelings.

● **RESILIENT Activity 1**
Hope Helps Frustration

PRACTICE

Positive self-talk to manage frustration



Self-talk is what we say in our heads to ourselves. **Positive self-talk** makes us feel good about things. **Negative self-talk** doesn't.

Materials: Lovey with Hopeful and Frustrated inside
Have a student pull the feelings out of Lovey. "How can hope help frustration?" Pass Frustrated around the circle and share hopeful statements to use when feeling frustrated. Remind students that anyone can give up when things are tough. It takes a person with character to stick with things when feeling frustrated. Hopeful scripts can help.

For students with social-emotional challenges who get discouraged easily, make an Affirmation Card (page 63). When he needs to be more hopeful, prompt him to get out this card and say his statement.

● **RESILIENT Activity 2**

Hope Helps Sad, Jealous, and Left Out Feelings

PRACTICE

Thinking the best when you feel sad, jealous, and left out

Materials: Lovey, Hope, Sad, Left Out, Jealous

Before the activity, tuck Hope, Sad, Left Out, and Frustrated into Lovey's pouch. Have students pull the feelings from Lovey. Discuss how the feeling of hope can help when friends have left-out, sad, and jealous feelings.

"Listen to these words and tell me if you think they encourage hope: 'Nobody ever asks me to play. Nobody likes me.'"

Have students create the following scenarios while you give hopeful and hopeless thoughts about what is happening. Then have students pinpoint which thought is hopeful and how hope can affect our feelings and actions toward our friends.

"You have a choice to think the best or the worst when you are in a situation that makes you feel upset by a friend's actions."

SITUATIONS	HOPEFUL THOUGHTS	HOPELESS THOUGHTS
Friends didn't wait.	"Maybe they didn't see me."	"They never wait for me. They don't care about me."
Friends having a playdate	"They can have lots of friends and so can I."	"They are leaving me out and don't like me."
People walked away when you walked up	"Maybe they were done talking."	"See, they don't like me."
People stopped talking when you walked up	"Maybe they needed privacy."	"They must be talking about me."
Two friends wearing the same outfit	"I know how fun it is to match a friend."	"They only like each other and not me."