

CREATE and PRACTICE the Kimochis™ Way

See page 262 for a reminder of the most important Keys to Communication for managing this emotion.

BE RESPECTFUL The following communication activities will help students be respectful of their own and others' fears.

● RESPECTFUL Activity 1 *It's Okay to Be Afraid*

PRACTICE Respecting others' fears and being supportive

Materials: Bug, Brave, Surprised, Curious

"Have you ever had a friend who was afraid of something and you weren't? How did that make you feel?" (surprised, curious).

"People will accidentally say things that hurt your feelings, not because they are mean or trying to hurt your feelings, but because they are surprised or curious that you have a certain fear. Listen to the following statements and give me a thumbs-up if you would like someone to speak to you this way or a thumbs-down if it would hurt your feelings."

Surprised or Curious:

"You're not afraid of dogs!?"

(said with a tone and face that is a put down)

"I didn't know you were afraid of dogs.

I'm glad you told me." (said with compassion)

"I know a lot of people who are afraid of dogs.

I didn't know you had that fear too."

(said with compassion)

"Don't be a 'fraidy cat.'" (said as an insult)

"I use to be afraid of dogs too. I didn't know we had that in common." (said in a friendly manner)

"Why are you afraid of dogs? Dogs are nice."

(said with interest and care)

"Why are you afraid of dogs? Dogs are nice."

(say it the second time as an insult)

"How does it make you feel when you are afraid of something and someone else thinks it is silly?"

For students with social-emotional challenges, use When-Then boxes (page 62) to show students how sometimes words that are said without thinking can be hurtful.

"The next activity will teach you how to respond when someone makes you feel bad about being afraid. Remember to assume the best or remind yourself to think that people are not trying to intentionally hurt your feelings. They might just be surprised or curious that you're afraid."

● RESPECTFUL Activity 2 *So, I'm Afraid*

PRACTICE Self-respect and speaking up when put down about fears

"Let's practice what to say and do if someone accidentally or intentionally hurts your feelings for being afraid."

Approach several different students (only those who want a turn) and tell them what you are afraid of. These students' jobs are to say and do things that might make you feel badly for being afraid. Model using these four communication habits and the scripts offered below.

- Use a talking face and voice.
- Don't shame your friend for being unkind.
- Keep your words brief.
- After student acknowledges he is sorry, change the conversation and keep a friendly tone.

Scripts to Stand Up for Yourself

"I am afraid of (the fear), and I am okay with it."

"I think everybody has something they're afraid of."

"I wish I weren't afraid, but I am."

"I know you didn't mean to, but that hurt my feelings."