

● RESILIENT Activity 3

Still Friends

PRACTICE

Thinking the best



Fear thoughts are upsetting things we tell ourselves that may not be true.

Materials: Bug, Huggtopus, all feeling pillows
 Sit in a circle with feelings in the middle. "How does it feel when you see two friends having fun without you?" Allow students to choose feelings from the center and give time to share feelings. Validate what they express.

"Sometimes Kimochis™ Bug makes himself feel left out even when people are not actually leaving him out. What do you think Bug tells himself when he sees his friends playing together?" (They don't like me anymore; she stole my friend.) "We call this a "fear thought." This is when we tell ourselves an upsetting story that is not necessarily true." Write definition on the board.

"We're going to train our brains to think the best thoughts, not the fear thoughts, so that we don't make ourselves feel left out when we see friends playing, talking, and spending time without us."

Ask for two volunteers to act out some of the situations in the chart below. These scenarios might make Bug (or people who can relate to Bug) feel left out. Have one student hold Bug and tell the class what he fears is happening (the fear thought). "They don't like me anymore." Have the other student hold Huggtopus and assume the best about what is happening. "Oh, she has lots of friends."

To get carryover beyond this Class Meeting, have students share their plans for recess right before going outside. "I'm going to the monkey bars ... I'm playing fairies ... I'm playing soccer." This gives students who are shy or slow an idea of where people will be and will raise the odds that they will be able to connect with the kids they most like to play with.

WHAT YOU SEE	FEAR THOUGHT	ASSUME THE BEST THOUGHT
Two friends having fun	"They don't like me anymore."	"Oh, she has lots of friends."
Two friends whispering	"They must be talking about me."	"Maybe she has something private she needs to share with a friend."
Two friends laughing	"I bet they are laughing at me."	"There must be something funny."
Two friends going home on a playdate	"They are excluding me."	"I'm sad I wasn't invited, but it doesn't mean she doesn't like me."
Two friends wearing the same outfit	"She stole my friend."	"I'm jealous that she likes other kids, but it doesn't mean she dislikes me."