

Lesson 2: Bug's Left Out and Shy Feelings

OBJECTIVE: Children will identify left out and shy feelings and describe situations that create those feelings.

CHARACTER PRINCIPLE: Be Brave

SEL COMPETENCY: Self-Awareness

VOCABULARY: Left out, shy

MATERIALS: Bug with Left Out and Shy Feelings tucked in his pouch

1. Review Bug's story above. Ask children what they remember about Bug.
2. Pull a name stick. If the child pulls the Left Out Feeling from Bug's pouch:
 - Say, "Bug feels left out when he is being quiet and his friends think he does not want to play. Raise your hand if you ever feel left out. Everyone show me what your face might look like if you were left out. Show me what your body might look like."
 - Ask, "Who can share a story with Bug of when you felt left out?"
 - Use the prompt, "I felt left out when I ...". Allow child to hold Bug while sharing.
3. Pull a name stick. If the child pulls the Shy Feeling from Bug's pouch:
 - Say, "Put your hands on your knees if you have ever felt shy. Bug feels shy when he meets new people. Look at how my face and body look when I feel shy." Hold Bug and say, "Bug doesn't look at me when he feels shy." Tip Bug's head. "Bug needs to practice making eye contact when he feels shy."
 - Say, "Show us with your face and body what shy looks like. Look at all your friends."
 - Ask, "Who can share a story with Bug of when you felt shy?" Give the child the prompt, "I felt shy when ...". Allow the child to hold Bug while sharing the story. Remember to encourage each child to tell Bug's eyes.

See Week 17, Lessons 2 and 3 (page 186) for more supports to help children get included.

Lesson 3: Bug Can Try New Things

OBJECTIVE: Children will use positive self-talk to try new things and manage shy feelings.

CHARACTER PRINCIPLE: Be Brave

SEL COMPETENCY: Self-Management

VOCABULARY: Hard, scary, brave, smaller, brain, positive self-talk

MATERIALS: Bug with Brave and Scared Feeling tucked in pouch and wings tucked in back pockets

1. Pull a name stick. Have a child take out the Scared Feeling from Bug's pouch. Say, "Bug has a dream of flying, but he feels scared to try new things. Is it okay to feel scared?" Reassure the children that it is definitely okay to feel scared. Share, "Of course, we don't like feeling scared, but we can use a tool to help us with our scared feelings."
2. Pull a name stick and have a child take out the Brave Feeling
3. Share that Brave is not a "super hero" feeling. One cannot be Brave unless we have other feelings such as scared. Show the children how you can put your Brave Feeling in front of your Scared Feeling (literally put the purple Brave Feeling in front of the orange Scared Feeling.) Reassure your students that when we put our brave in front of our scared, we still feel scared, but our scared gets a little smaller so we can try practicing new things.