

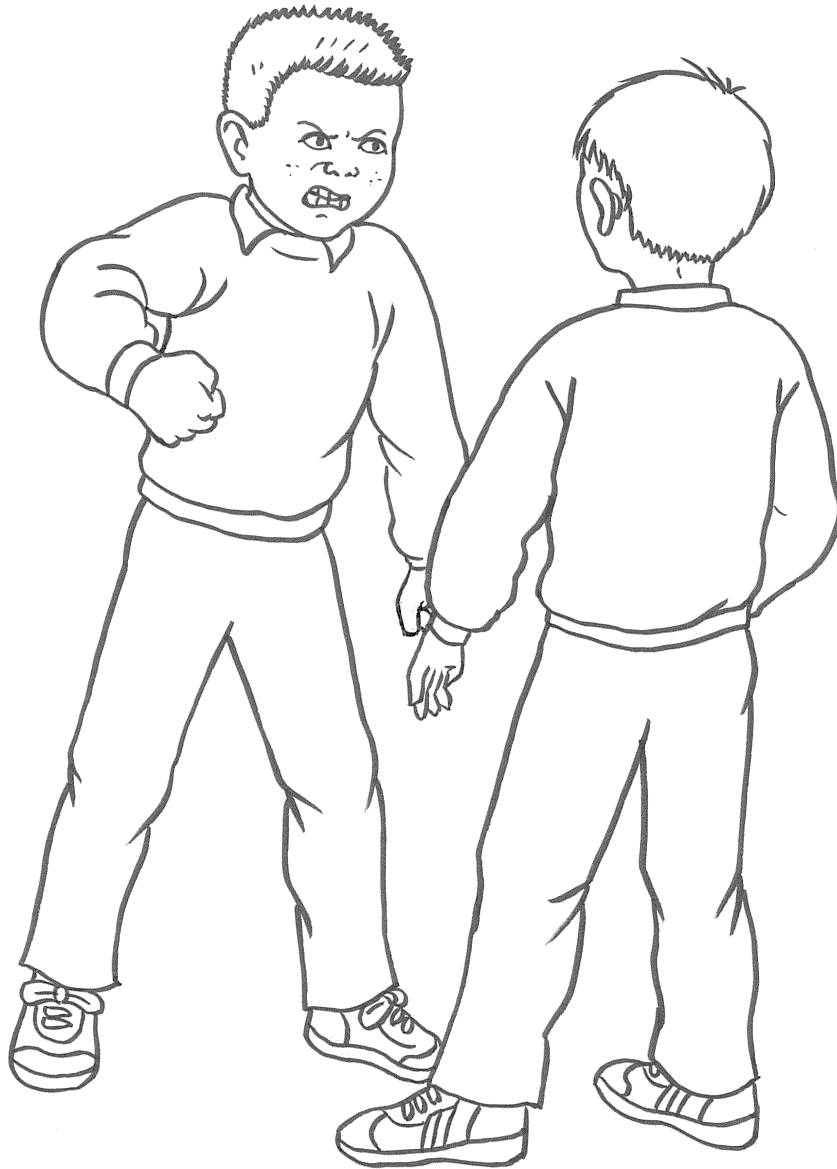
Dealing with Feeling

Activity Sheets

Over 200 printable posters, stories, self-reflection activities and take-home tasks to accompany the book 'Dealing with Feeling'



Feeling Angry



**Feeling angry is not always comfortable
and you feel like hitting out!**

Pam went into the playground with Caris. They were really excited because it was the first time they'd been allowed to play with the new games ordered by their teacher last term. All the children had been asked what sort of things they'd like to have to play with at break times.

It was amazing - they had discussed it for what seemed like weeks, made lists and given them to the teacher. Finally, all the new equipment had arrived. Miss Jones had shown it to them in assembly. It looked brilliant - skittles, soft ball, swing bats - lots of great games. Every class was to have a turn each week to try something new. Year 5 could have the American bowling equipment today. Everyone was really excited. Miss Jones had helped them to sort out teams.

"You're in my team," said Pam.

"I know," said Caris. "I bet we win."

The two girls went to collect the balls while other children from Year 5 set out the skittles. Each child was allowed to have two turns and then the team leaders had to total up the number of skittles they'd knocked over between them. It was quite hard to hit the skittles at first but it seemed to get easier as they went along.

"I love it," said Caris - even though she'd missed all the skittles the first time.

"I'm sure we'll all get better with practice," said Miss Jones. She was smiling.

"Look at John!" shouted Pam. "He's knocked over all eight in one go - brilliant".

John walked to the back of the line and stood behind Caris.

"That was good," she said.

"You were rubbish!" he said. "If you don't get better we'll lose this game."

Caris went red.

"Don't be like that," said Pam. "Caris was trying her best. We can't all be as good as you."

"Who asked you fatso?" said John and he punched Pam hard in the back.

Stop Hand

Caris didn't think. She just suddenly got angry - really angry. Her face was red. All of a sudden her heart seemed to be beating really fast. Before John could move away or say anything else, she grabbed his head, pulled it down and kicked his face.

"Stop! Stop!" shouted Pam.

But it was too late..... the blood was everywhere.



Feeling Angry



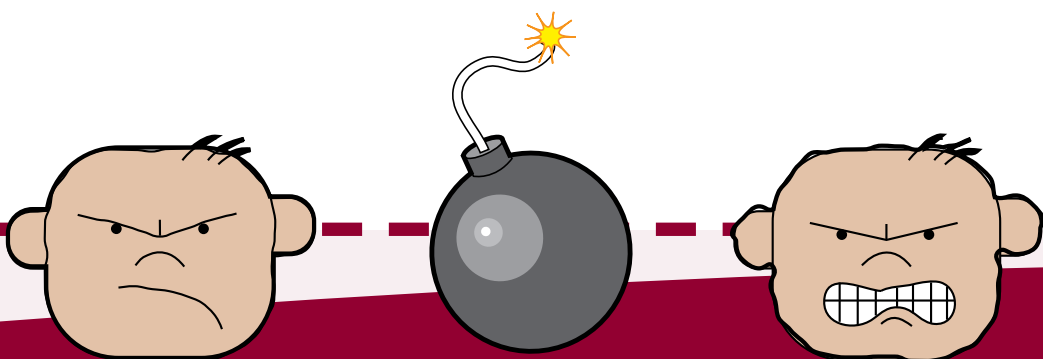
All human beings experience angry feelings at the same point.

It is a normal, healthy emotion. Some people will feel anger like an erupting volcano, whilst others may feel it like a firework exploding.

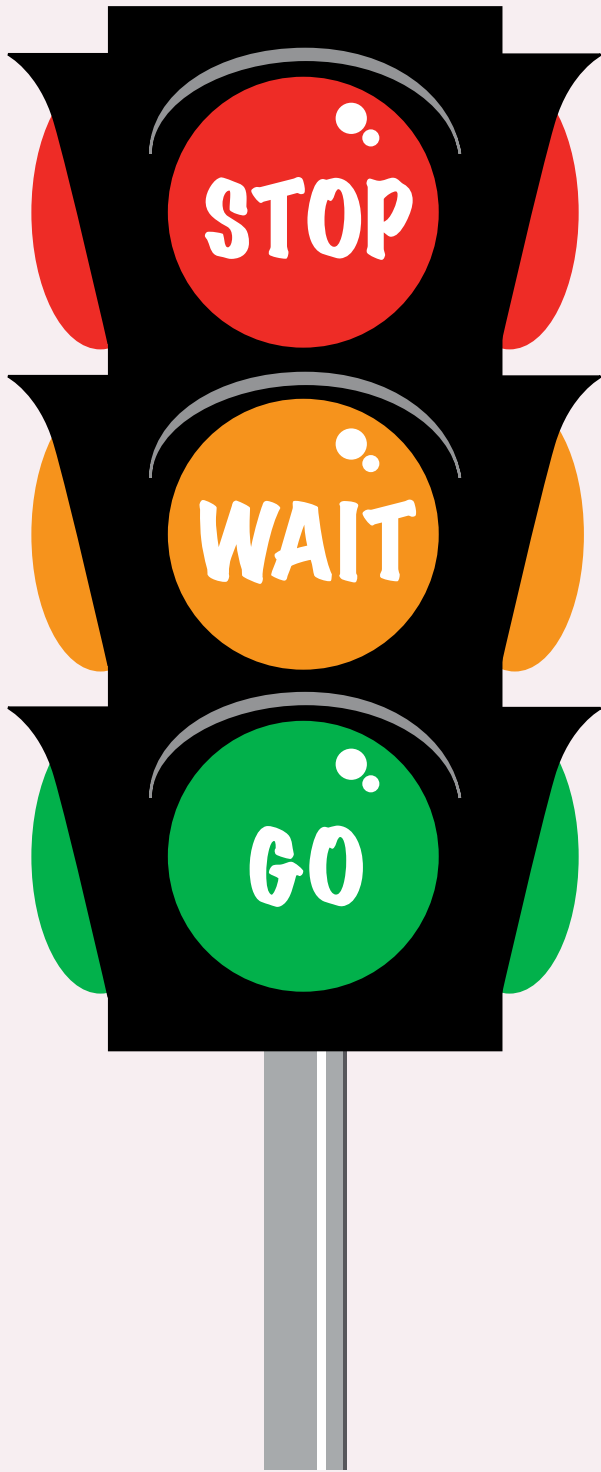
How do you experience anger?

Draw your own anger model in the drawing frame below. Use colour and symbols to represent how you experience this feeling.

My Anger Model



The Traffic Lights



Stop! - and calm down

What is the problem?

.....
.....

What is the feeling?

.....
.....

List some solutions

- 1).....
- 2).....
- 3).....
- 4).....

Go - and make a plan

Anger Diary

Keep an Anger Diary for one week. Describe when and why you got angry, identifying the triggers, how you felt, what you thought, what you did.

Then think about the consequences of your behaviour and reflect upon how you might make use of more helpful strategies next time.

	MY TRIGGER	FEELINGS	THOUGHTS	BEHAVIOURS	CONSEQUENCES
SUNDAY 					
MONDAY 					
TUESDAY 					
WEDNESDAY 					
THURSDAY 					
FRIDAY 					
SATURDAY 					

Feeling Sad



Feeling sad is when you feel unhappy and full of sorrow and want to cry.

Hal went down to the kitchen. It was very early - too early to get up really but he was wide awake.

"I can't stay in bed any longer," he thought. "I'll go down and get a drink and put on breakfast TV."

He crept down the stairs as he didn't want to wake his mum. Last night had been horrible. They'd had another argument and this time dad had said he was going. He couldn't stand it any more - that's what he'd said.

But what was it that he couldn't stand? Hal wasn't sure. He knew his mum wasn't happy - they both had rows almost every day. Then, last night, dad had said he was going and mum had been crying. He could hear it through the bedroom walls. He had wanted to rush out of his room and shout at them to stop. He had wanted to tell his dad to stay but something seemed to have stopped him. He wasn't sure what it was but he knew that really it would have been no use.

He sat down and sipped his cup of tea and flicked channels to get the Cartoon Network. It was his favourite and normally he laughed out loud - but not today.

Slowly the door creaked open - it was his mum.

"How are you? Do you want some breakfast?"

"Yeah - thanks mum," he said.

"Are you okay though?" she asked again.

He looked at her.

She looked so tired and all red around the eyes.

Stop hand.

He tried to say something but he couldn't. It seemed there was a big lump stuck in his throat.

"Please don't cry," said his mum.

Hal bit his lip but he couldn't help it - tears were trickling down his face. He got up and ran to the bathroom, locking the door behind him.

Feeling Sad

Consider the people below. Why do you think these people feel sad? What is happening? Would you feel the same way in each of these situations? Record your thoughts and feelings on a separate piece of paper.

A little girl having
her mobile phone
stolen by a gang of
older children

A woman standing
next to the grave of
her dead husband

A Muslim girl
(covered) being jeered
and spat at by two
other children. She is
crying

A little boy mourning
the loss of his pet
rabbit

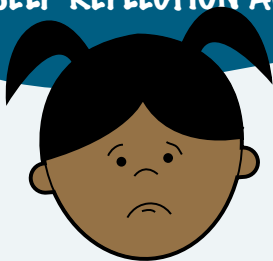
A disabled boy
sitting by the side
of a football pitch,
watching other
children playing

A child not being
picked to play in a
game - standing at
the side of the group
looking sad and left
out

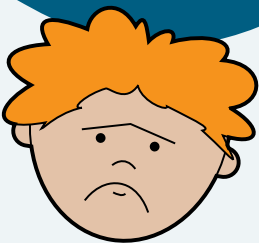
Stop, think & reflect

Which situation would make people feel most sad and least sad? Can you cut out the squares above and place them in order, starting with the situation that would cause most sadness and ending with the one that would cause the least.

Which of these situations would cause long-term sadness and which would cause short-term sadness and why? Discuss your ideas in a group.



You Feel Sad?



We all feel sad sometimes. We may need to take time-out to cope with these feelings or ask a friend to help us through.

Stop, think & reflect

A Sad Portrait

6) How could you cope more effectively if you felt like this in the future? Who could help? List your ideas in the IDEAS BOX.

Draw a picture of yourself when you were feeling sad. How did you look?

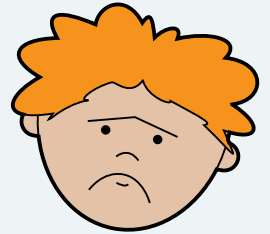
What happened to your body and your facial expression? Now answer the Self-reflection questions:

- 1) What triggered your sad feelings?
.....
.....
- 2) How did you behave?
.....
- 3) Did anyone try to help you?
.....
- 4) Did you ask for help?
.....
- 5) Did anything help you?
.....

Ideas Box



Feeling Sad



We all feel sad at times. Sometimes we can cope by taking time-out for ourselves, whilst at other times it is good to talk to a friend or someone in the family. We can all help each other. Talk to someone in your family and discuss when you both feel sad and how and when you most like to be helped.

These things make me feel sad:

You can help me by:

These things make me feel sad:

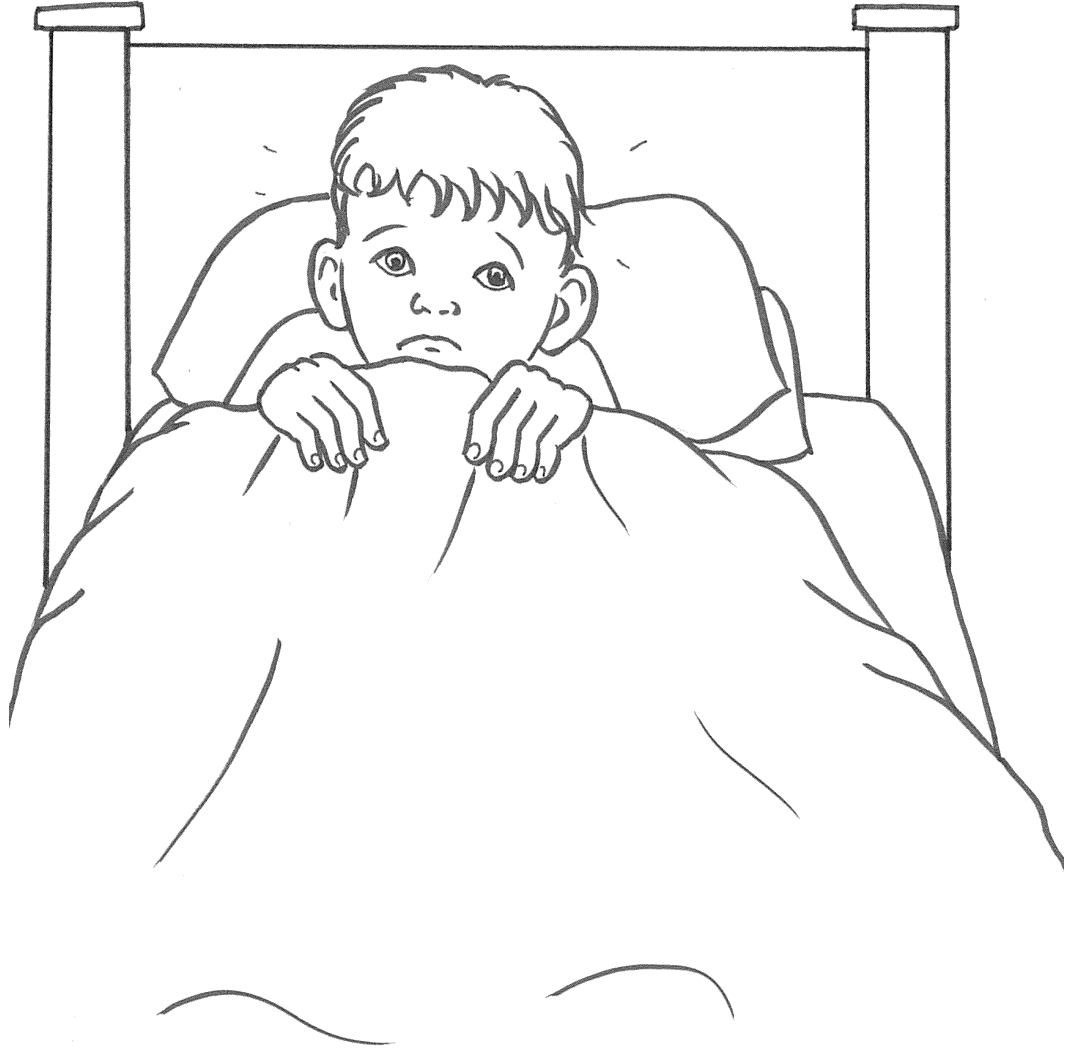
You can help me by:

Stop, think & reflect

Are there things that make both of you feel sad?

Do you agree on things that help? Do you also agree on what doesn't help?

Feeling Afraid



Feeling afraid is when you feel alarmed and scared of someone and something. Your heart may beat fast and you may want to run away.

Jake was really looking forward to Friday night because his two friends were coming round and staying over. They'd planned it for what seemed like weeks.

"We'll have a midnight feast," said Sam.

And watch the late night movie," said Raff.

Raff loved scary films - he was always writing horror stories in Literacy lessons - much to the annoyance of Miss Best, their class teacher.

"I don't know why she doesn't like them," said Jake.

"Too much blood and violence for her I expect," said Raff. "You know what girls are like."

"Yeah - soft in the head," said Sam.

When Friday finally arrived the boys were really excited. Sam's mum dropped him off just after 6 o'clock and Raff came round with his aunty at ten past

"Be good," they said as they went off in the car.

"Of course we will," retorted the boys.

They loved coming to Jake's house as his mum was such good fun - she always got a take-away and let them have anything they wanted from the fridge.

But tonight she said she felt really tired.

"I think I've got a migraine coming," she said. "So I'll just go to bed - you will be okay boys, won't you? And don't go up to bed too late, okay?"

Okay," said the boys.

"Great," said Jake. "We can watch the horror movie now."

The film was brilliant - all about a mad axe murderer who terrorised a group of kids on a summer camp. The boys watched transfixed as they ate the remains of the pizzas. It finished at 1.00am.

"We'd better creep up... Mum would kill me if she thought I'd stayed up this late," said Jake.

They tiptoed to the door. Then they suddenly heard a scratching sound. It grew louder and louder and faster and faster as they moved towards the door.

"Oh my god," said Sam. "What the hell is it?"

The boys stood frozen. Jake felt sick.

"It's the axe murderer," whispered Raff. "He's come to get us... he's going to get us right now... aaaah!"

He fainted just as the door burst open with a great bang.

"I'm coming to get you," said a deep voice.

"Run for it!" shouted Sam - but it was too late! They were trapped.

Feeling Afraid

Why do these people feel afraid? What is happening? Record your thoughts under each box and then think about what each person might do in order to overcome their fear?

<p>1</p> <p>Imagine a boy hiding under the bedclothes as he is afraid of the dark</p>	<p>2</p> <p>Imagine a group of children who have been doing some graffiti and are being chased from the scene by 2 Police officers</p>	<p>3</p> <p>Imagine a man driving a car and trying to swerve to avoid a child's football which has come out into the road</p>
<p>He feels afraid because</p> <p>.....</p> <p>.....</p> <p>He could</p> <p>.....</p> <p>.....</p>	<p>They feel afraid because</p> <p>.....</p> <p>.....</p> <p>They could</p> <p>.....</p> <p>.....</p>	<p>He feels afraid because</p> <p>.....</p> <p>.....</p> <p>He could</p> <p>.....</p> <p>.....</p>
<p>4</p> <p>Imagine a little girl who has lost her mother in the supermarket</p>	<p>5</p> <p>Imagine an older man on his own at home who thinks he can hear burglars in the next room</p>	<p>6</p> <p>Imagine a girl about to go into the dentist</p>
<p>She feels afraid because</p> <p>.....</p> <p>.....</p> <p>She could</p> <p>.....</p> <p>.....</p>	<p>He feels afraid because</p> <p>.....</p> <p>.....</p> <p>He could</p> <p>.....</p> <p>.....</p>	<p>She feels afraid because</p> <p>.....</p> <p>.....</p> <p>She could</p> <p>.....</p> <p>.....</p>

Reinforcement Activity Sheet

When do I feel afraid?

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How does it feel?

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Is it a comfortable or uncomfortable feeling?

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Do I need to help myself when I feel like this? If so, how can I?

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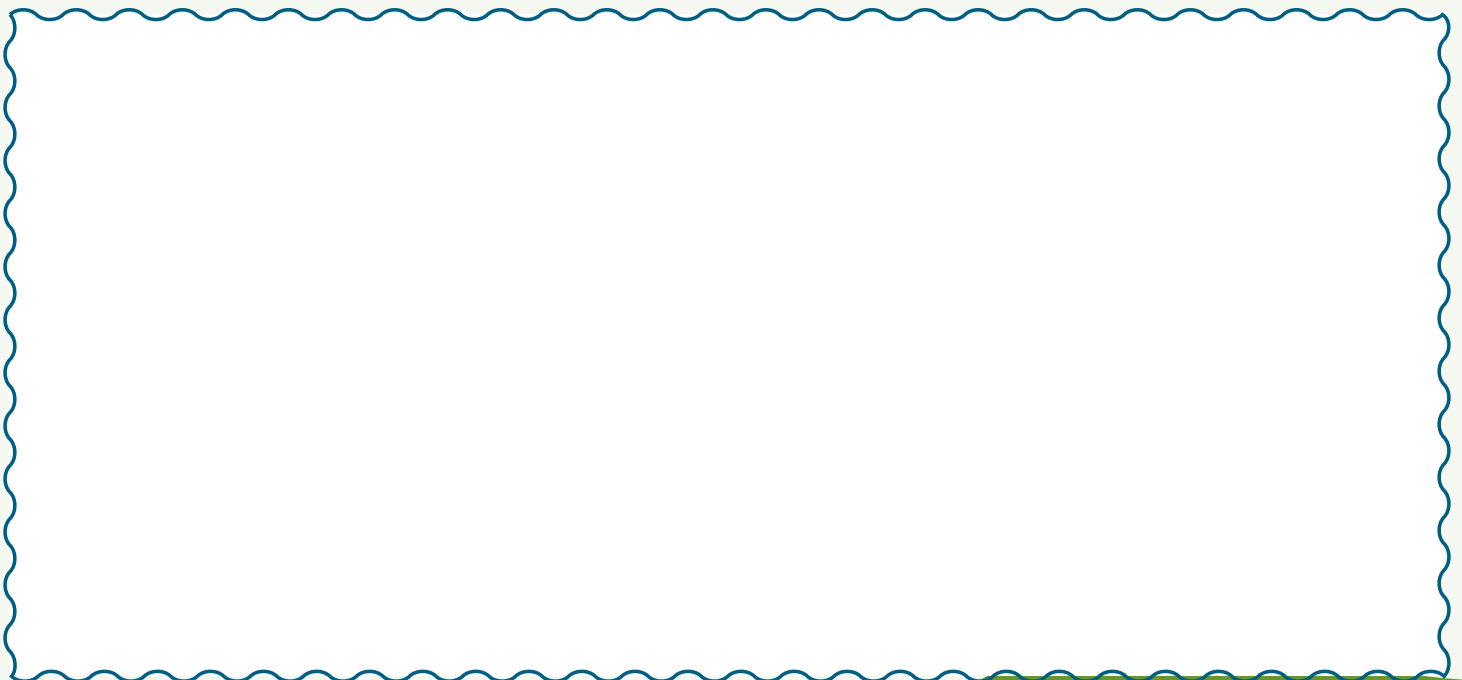
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If I need help, who else can help me?

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This is me when I am afraid



A Moment of Fear

Think of a time when you felt very afraid and discuss this with a friend or member of the family. Then ask them when they experienced feeling so that you can both complete the chart below.

You

Other

I felt very afraid when

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I felt afraid because

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What I thought

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What I did

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Who helped me

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What might I do differently next time

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I felt very afraid when

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I felt afraid because

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What I thought

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What I did

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Who helped me

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What might I do differently next time

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Stop, think & reflect

What are the similarities & differences in your responses?

What strategies helped you both and might be useful in the future?

Feeling Happy



Feeling happy is when you are enjoying yourself and want to smile. It's a warm and comfortable feeling.

It was Basil's birthday. He was ten. When he woke up that morning he felt really great - a lovely, warm feeling - not like last year when his mum and dad had split up. It was funny... everyone had said to him that he'd stop feeling sad about it all. He hadn't believed them at the time but he did now.

He jumped out of bed and ran straight into the living room.

"Happy Birthday Basil," said his mum. She kissed him on the cheek and gave him a small box.

"Go on! Open it then!"

He pulled off the paper. It was a portable CD player.

"Oh thanks mum - that's really brilliant! Just what I wanted."

Mum smiled. "Now get ready quickly because dad's coming to fetch you in half an hour."

"Okay mum."

Basil's dad picked him up at 10 o'clock.

"Happy Birthday Basil," He smiled. "I haven't got you a present yet. Well, at least - it's not here. We've got a journey first of all."

That's why Basil loved his dad - he never did boring things. They were always unusual.

Basil laughed.

"Come on then!"

He jumped into the car. His mum got in too.

"I didn't think you were coming as well mum," said Basil.

"Well, I am young man! Your dad and I have finally come to an agreement. We might not want to be married to each other but we can still be friends and be a family," said Mum

"Yeah - and that means all of us getting together on your Birthday, Basil" said his dad.

Basil bit his lip.

"It's funny," he thought. "I feel so happy I could cry," - but he didn't.

"Where are we going then?" he asked

"Ha ha!" said his dad. "Just you wait and see."

"We'll give you one clue though," said his mum. "You'll need a passport and a cowboy hat."

"I don't believe it," shouted Basil.

"You'd better!" replied his dad.

Think about each other! Ask and record your ideas.

You	Other
You make me feel happy when . . .	You make me feel happy when . . .



What was happening? Were you on your own or with friends or family members? Why was this such a special time? Use the headings below to record your ideas about what made you feel so good.

[illegible]

Stop, think & reflect

Discuss with a partner

What did YOU do to make this a special time?

Do you think that your feelings, attitude or behaviour may have made others feel happy as well?

Feeling Happy

What makes people feel happy? Is it other people, having certain things or being in particular situations? Record your ideas below by completing the sentences and using your own illustrations.

Happiness is when

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Happiness is when

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Happiness is when

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Happiness is when

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Imagine a group of children on a ride at the fairground looking happy and laughing as they whirl around on the merry-go-round

Happiness is when

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Happiness is when

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Happiness is when

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Feeling Surprised



Feeling surprised is when you feel very excited by something sudden or unexpected. It can be comfortable or uncomfortable or maybe both at the same time.

Jason ran down the street as fast as he could possibly run. He didn't know why but he just felt like he needed to do something - anything - just to stop himself getting any more upset. As he turned the corner he bumped into his friend Alex.

"Ow!" said Alex. "Watch where you're going will you." He suddenly stopped. "Oh, it's you Jason. You were going so fast that I didn't even see you. How's everything going?"

"Okay... you know," said Jason.

"Oh no, Isn't it your birthday today... I've just remembered - Happy Birthday Jas... I'm so sorry... I forgot."

Jason went red. "Oh, it's okay..."

"Sorry," said Alex again.

"Well, it's okay really... it's just that... well, everyone seems to have forgotten. I don't know what's happening really..."

"What do you mean?" asked Alex looking puzzled.

Jason looked away. Alex could see that he was quite upset. Then he understood.

"Oh no - you mean... your mum and dad and everyone... they've all forgotten!" said Alex in total disbelief. Jason nodded.

"But they can't have done... maybe... well, they're just playing a trick or something."

"No, honestly - I know them. They wouldn't do anything like that. It's not the sort of thing they'd do. I know my mum and dad have just forgotten. I looked at the calendar on the fridge door. That's where mum writes all the birthdays, doctor's appointments, term dates... stuff like that - and there was absolutely nothing on it today."

"Nothing?"

"No - nothing. I only looked because usually - in fact, every year on my birthday mum comes upstairs with a present and cards. She didn't even get me up on time today. I can't believe it."

"That's why you've been funny all day in school" said Alex. "Look... come on, I'll come to your house now... you'll have to say something to your mum. It might be easier if I'm with you."

Jason gave him a weak smile. "Thanks mate," he said.

As the two boys turned the corner they heard music coming from one of the houses.

"That's my favourite track," said Jason.

"I know," said Alex as they reached his house.

At that moment Jason's mum and dad ran out through the front door with all his friends behind them. It was just like a sea of blurred faces to Jason. Everyone was laughing, shouting "Happy Birthday!" and throwing party poppers in the air. Jason was so surprised that he just stood motionless with his mouth open. His face was bright pink.

"E... b... but... I thought..." he began.

"We know," said his mum. "You thought we'd forgotten, but we hadn't."

"We just wanted to do something really special," said his dad. "Especially as it's your last year at Junior School - we wanted to surprise you."

"Well you've certainly done that," laughed Jason. He turned to Alex

"And you... you knew all along, didn't you?"

Alex laughed out loud. "Honestly, your face was a picture!"

"Come on," said his dad. "Let's go in and enjoy it."

And that's exactly what they did!

Feeling Surprised

Design Your Own Surprises (write & draw)

A surprise I would like	A surprise a friend would like
A surprise my Parent/Carer would like	A surprise my teacher would like

Stop, think & reflect

What kind of surprise would these people not have liked and why? Discuss with a partner. Record your ideas on the back of this sheet.

Surprises 1 Surprises 2

Surprises can be both pleasant and unpleasant.

Stop, think and reflect. Think of a time when you had a lovely surprise. Then think of a time when you had a surprise that wasn't very pleasant.

Describe these situations in the table below and then answer the self-reflection questions.

+ A Positive Surprise +	- A Negative Surprise -
The surprise was?	The surprise was?
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How I felt?	How I felt?
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What I thought?	What I thought?
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What I did?	What I did?
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.....
How did I look? DRAW IT!	How did I look? DRAW IT!
.....

Stop, think & reflect - discuss with a friend:

If you had an unpleasant surprise in the future, what could you do to help yourself calm down? Who else could help you? What would be your PLAN?

Surprise! Surprise!

Work with a friend or a member of your family to jointly plan a surprise for someone in your family. Think about what they would really like and record your ideas on the surprise card.

A Surprise Card For

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Your surprise will be

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We decided on this because

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.....
We think you will like this because

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.....
We hope you enjoy it!

With best wishes from,

..... XXX

Feeling Loved



Feeling loved is a special feeling when you know you are cared for and accepted... someone has a real affection for you!

Cara ran out of the house and into the back garden. She looked back at the windows with their curtains blowing out in the breeze. She felt so happy - she thought she'd burst. She ran to the old shed at the end of the garden and sat on the grass with her head resting against the door.

I don't believe it, she thought to herself. That morning Pam and John had said they were going to adopt her. So, for the first time in eleven years she was going to have a real mum and dad - just like other children in her school. She had been living with them since she was eight but always thought that she'd be moved on again at some point. She smiled again and suddenly realised that she had tears running down her cheeks.

Just then she saw Sally jump over the fence between their two houses. She ran up to Cara.

"Are you okay Cara... what's wrong?" she asked.

"N... n... nothing's wrong - it's... it's all fine..."

"But why are you crying?"

"It's just... I'm so happy," said Cara, and she burst into tears.

Sally put her arm around her friend and cuddled her.

"Come on... whatever it is... it can't be that bad... Come on, I'll help if I can."

"It's okay," said Cara, between whimpers. She took a deep breath and wiped her face with the back of her hand. Then she turned to her friend.

"I'm not sad - honestly. In fact, I'm really happy. It's just that... well, I've never felt like this before and I needed to come out here and sort myself out."

Sally looked puzzled.

"I don't understand," she said.

"Well - it's just... all these years I've lived with lots of families since my mum got really ill."

Sally nodded, "I know."

"And this is the first one that I've felt really okay with and... well... happy. You know... Pam and John are so kind and they've made me feel like... well... like they love me..."

"But they do Cara - you must know that. You're just like a real daughter to them - they always wanted you, accepted you and wanted you to be happy."

"That's exactly it," said Cara. "They want me to be a real daughter. They've got the papers through and they're going to adopt me - like, they'll be my real mum and dad."

Sally jumped up and pulled Cara with her.

"That's brilliant," she shouted and hugged her friend really tightly.

"I'm so glad - I know you'll be my friend for life. Oh Cara - it's great!"

Cara smiled. She'd stopped crying.

"I know. It's just, I couldn't cope with it. When they told me, I had to run out of the house. They said they really loved me and wanted me to be with them for always. I just went all pink. I couldn't handle it so I ran out."

"Oh Cara, come on. Let's go in together," said Sally. "You need to tell them how happy you are and how much you love them too."

Cara took a deep breath.

"I'll try," she said as the two girls walked back into the house.

Feeling Loved



When we love someone it is important that we let them know how we feel. Sometimes, making time to do this can help. Think of someone that you love and then think of all the reasons why you love them so much. Record your ideas in a love letter to this person.

My love letter to

Dear

I love you because

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from

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Feeling Loved and Cared For

Think about the times when you have felt loved and cared for by others - friends, teachers, family. What did they do? What did they say? How did they show their love? Record your ideas in the thought storming chart below.

Portrait of me when I feel LOVED!

Reflection - discuss with a partner

How do you show your feelings of love to others?

Why do you think it is important to do this? What might happen if we didn't show people that we cared them?

Love is?

Someone once said 'love is never having to say your sorry'?

Many people would say the opposite! What do you think? Discuss your ideas with a friend or a member of your family and record your joint definitions on the thought-storming chart.

Love is

Love is

Love is

Love is

Love is

Love is

Love is

Love is

Love is...

Feeling Shocked



Feeling shocked is when you feel so surprised that you may become virtually immobile and even unable to speak.

It was Saturday night and Jake was really excited. His two friends were coming to stay and mum had promised them a video, a pizza and three games on the lottery. Of course, they weren't allowed to go and get the tickets themselves, but mum would let them pick their own numbers and then go to the corner shop and put them on. At first he had laughed at this mum when she'd watched the lottery on telly but it was almost as if he'd caught her bug. When it came on he got just as excited as her - even though he knew the odds were ridiculous.

"It must be one in a trillion chance that we'll win," he said to his mum.

She agreed - "But I just can't help it - it keeps me going even to think I might have such a minuscule chance."

That night the boys had a game of football in the local park until it got too dark to see properly.

"Come on," said Sid. "It's getting cold."

"And I'm hungry," said Eddie.

The boys ran down the road and got back to Jake's house in record time. All the boys were out of breath as they stood in the doorway. They rang the bell but there was no answer.

"What's going on?" said Jake. "Mum should be there."

"What's the time?" said Eddie, trying to catch his breath.

"It's 8.15," said Sid. Then he nearly jumped - "8.15!"

"Oh no," said Jake. "We're over an hour late - I told mum we'd be back by seven - she'll kill me," he gasped.

"Well, she would if she was in - I don't understand this Jake - your mum didn't say she was going out did she?"

"No of course not - the last thing she'd do is go out and miss them calling the numbers."

"Well come on," said Eddie. "Let's look round the back - maybe she's in the kitchen getting a drink of something."

The boys ran down the side of the house and peered in through the kitchen window. They stood transfixed with their mouths open as they saw Jake's mum. She was standing in the middle of the room, bolt upright, not moving at all and just staring at the kitchen table.

"She looks like a statue," said Sid. "What on earth's wrong?"

"I don't know - but I'm going to find out," said Jake. He went in.

"Mum... mum... what is it? Are you okay?" he shouted. His mum didn't move. Agnes from next door came into the kitchen clutching a bottle.

"It's okay boys," she said laughing. "Don't worry - your mum's just in shock - that's all." She sat Jake's mum down and poured her a drink.

"What do you mean - shock?" said Jake.

"Now just sit down - because I think this is going to be a shock to you as well." Jake looked at her. He sat down. "Your numbers in the lottery - they've all come up."

"WHAT?" screamed Jake as he fell off his chair and then stood up. He was pink in the face. He looked at his mum and then sat down again.

"I think you are all in shock," said Agnes. "I've never seen you boys so quiet in my whole life."

"No, neither have I," said Jake's mum, finally managing to speak. She laughed and gave Jake a hug. "I still can't believe it," she said.

"N... neither can I," said Jake. But they had to the next week when the mega cheque arrived - plus half the national newspapers and television stations. "How did you feel?" they asked. Jake and his mum looked and laughed. "There's only one word to describe it," she said. "Shocked!"

Feeling Shocked

Why are these people so shocked?
What is happening? What do you think
might help them to recover from feeling
shocked? Record your ideas in the speech
and thought bubbles below.

A man being attacked
by a group of youths

I am shocked because

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He could recover if

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A woman realising that
she has won the lottery

I am shocked because

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She could recover if

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A group of children
swimming in the sea
and seeing sharks
further out

We are shocked because

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They could recover if

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A child realising that he
has won first prize in a
competition at school

I am shocked because

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He could recover if

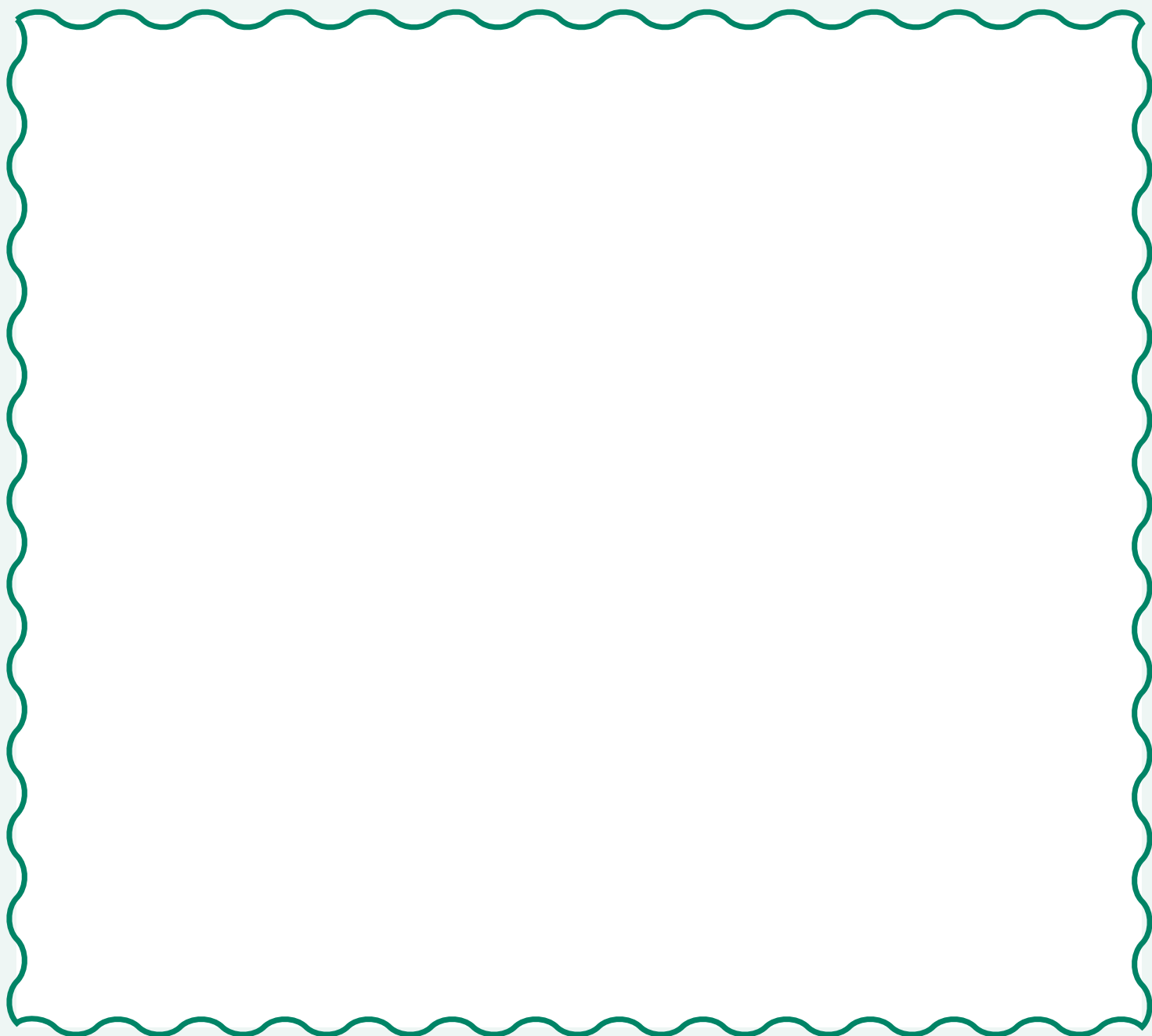
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In Shock!

Think about a time when you were 'in shock' or when you saw someone else who had experienced a shock. What did they look like? How did they feel? What were they thinking and what did they do? Draw it out in the picture frame below and use LABELS to describe what was happening (to you or the other person).



Reflect and research - work with a partner

What do people **NEED** when they experience a shock? Could you help someone and if so how? How could you be sure that you were doing the 'right thing'?

Shocking Times!



We all experience shocking times or events at some point in our lives. These can be pleasant or unpleasant. Discuss things that have shocked you with a friend or family member. Then work together to both complete the chart.

You

Other

I was shocked in the PAST when

I was shocked in the PAST when

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I would be shocked NOW if

I would be shocked NOW if

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I might be shocked in the FUTURE by

I might be shocked in the FUTURE by

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Stop, think & reflect - discuss again!

What are the similarities and differences in your responses?

What strategies might help you both cope more effectively with a future shock?

Feeling Bored



Feeling bored is when you feel fed-up, tired and weary of everyone and everything. You are too restless to get excited or enjoy anything at all.

It was the summer holidays at last. Everyone had been looking forward to them for so long that it seemed amazing when they finally arrived. Basil was really excited. He had planned so many things to do with his friends that none of them really knew when or where to start. They'd decided to go swimming, bowling, to the Athletics Club and to the Art Club run by Miss Mills at the school.

Jake had also persuaded everyone in the gang to put up tents in his back garden. They were going to have an open air midnight feast.

I can't wait, thought Basil as he ran home. He met his mum at the gate.

"I'm just going shopping," she said. "Do you want anything?"

"No - it's okay - thanks mum."

She turned round and caught his arm. "I forgot to tell you - Jake's mum 'phoned to say that the tent party's off on Friday. Apparently, they've been offered a friend's flat in Spain so they'll be away all summer now"

"Oh no!" said Basil. He looked upset.

"Never mind," said his mum. "Sam's not going away is he? So you'll have someone to pal about with."

It won't be the same though, thought Basil. Jake's such a laugh and makes everything good fun - even boring things like walking to school.

Basil went inside the house and kicked the old cupboard. He always did that when he was angry. His mum said that it was better than kicking a person or an animal. He went upstairs feeling very fed up.

It just won't be the same without Jake, he thought. Nothing is - it'll all be boring whatever we do. The swimming will be boring and the bowling and the Art Club - as for athletics, I think I'll definitely give that a miss - it'll be the most boring of all.

He lay down on his bed and put his pillow over his face. Just then the 'phone rang. It was Jon.

"Hi Bas - the Athletics Club starts tomorrow and there's a big competition at the end of the second week with prizes and everything"

Basil grunted.

"Well - are you coming?" said Jon. He sounded really keen.

"I don't know," said Basil in a bored voice.

"What do you mean - you don't know! What's wrong with you?"

"Oh - nothing," said Basil. He spoke slowly. "It's just - I don't know."

"You don't know?" asked Jon again.

"No," grunted Basil.

"Oh come on Bas - you're the best sprinter in the school. You could easily win the 100m and it will be in the paper afterwards you know. Come on - don't be boring."

"I'm not being boring!" said Basil indignantly. "I'm just bored that's all - and I'm bored with you bothering me, so - so just don't."

He slammed the 'phone down before Jon could reply. He lay back on the bed again and stared up at the ceiling. Then he realised what he'd just done. Bored or not - he had no excuse. But it was too late now - or was it?

Feeling Bored



Barney is bored. He can't think of anything to do. His friends have all gone on holiday and he is home alone.

He can't think of anything to relieve his boredom. What do you suggest? What helps you when you feel bored? Record your ideas in the chart below. Write/Draw.

Barney could

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Barney could

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Barney could

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Barney could

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Boredom Questionnaire

Stop, think & reflect

Think about the last time you felt bored. Try to remember everything you can about the situation and then try to answer the following questions:

What was happening?

How did you feel?

What were you thinking?

What did you do?

What might have made things better for you?

If you were in the same situation again, what three things would you do to help yourself?

1)

2)

3)

Who else could help you and how?

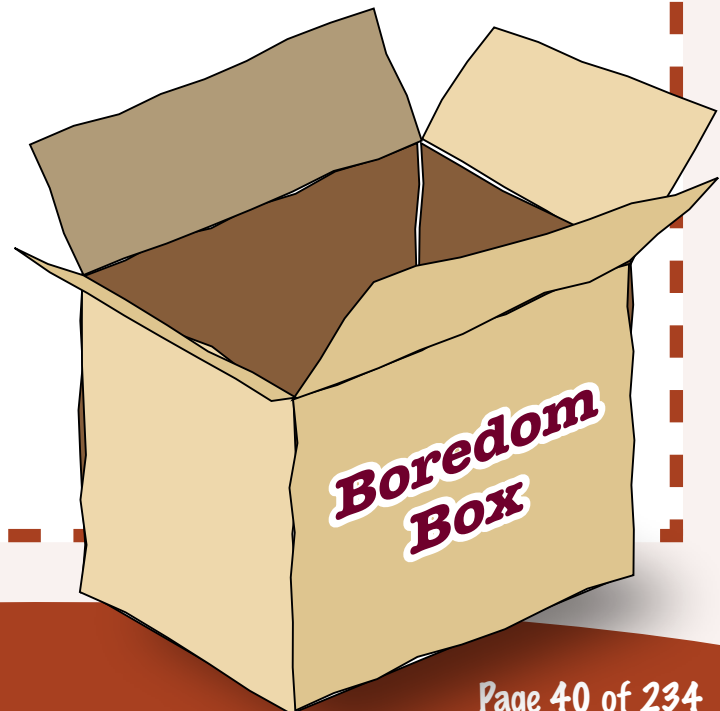
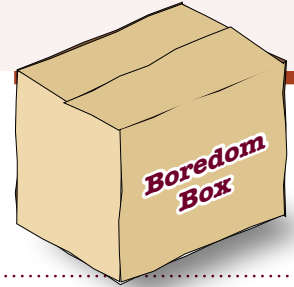
How would you know that you were coping better with your boredom?

What would be different?

Ban the Boredom

How can we ban the boredom? What can we do at home to prevent everyone feeling bored? Discuss this with a friend or other family members and then design your own BOREDOM BOX. What would you put in it to ensure that everyone can ban the boredom? Can you agree? Record your ideas in the box below.

What's in your boredom box? Write/Draw and label your ideas



Feeling Jealous



Feeling jealous is horrible because you want things which belong to other people.

Janet woke up at 7.30am. The first thing she thought about was Alicia. "What a stupid name" she thought. She would be called something stupid like that - yes - she'd have to have a posh name - it couldn't be something ordinary like everyone else. She got out of bed and went to the bathroom. In fact she ran to the bathroom to get in before her four brothers and younger sister.

I bet she doesn't have to queue to use the toilet, she thought.

Once breakfast was out of the way and mum had checked their uniforms, the five children set off for school. Janet was the oldest. She hated it. Her mum just didn't have time to give her any attention because the twins were only five.

"Go on," said mum. "You're all ready... and mind you walk them carefully Janet and take care of your brothers."

"Yes mum," said Janet in a quiet voice.

"Are you okay? You seem a bit quiet Janet."

"Yes... I'm fine mum," said Janet.

"No she's not," said James. "She's fed up because it's the school play next week and Alicia Painton's been picked for the star part."

"And she's got a ball gown and posh shoes," said Sam.

"Yeah - she's the prettiest in the class so she's going to be Cinderella," said Daniel. "I bet Jan will be the ugly sister!"

The boys all laughed. Janet went red. She stared down at her feet.

"Now - don't be nasty," said mum. "I'm sure the teacher will be fair."

As they walked down the road, Janet felt more and more angry. I hate her... I really hate her, she thought. She's got everything - she's pretty, she's good at all her work and people like her - everyone does - but I don't. I can't stand her stupid posh little voice.

Just as they arrived in the playground Alicia ran straight up to Janet.

"Hi Janet - isn't it exciting - we're going to start rehearsals today - it'll be really good," she said.

"Oh shut up," said Janet.

"Oh... I'm sorry... are you okay Janet... I... I haven't upset you or anything have I... you would say..."

"No, you've not upset me - I just can't stand your stupid whiney voice so clear off," said Janet and with that she walked away with her nose in the air.

Alicia was shocked. She didn't know what she'd done to make Janet feel like that. Perhaps it wasn't me, she thought. Perhaps she's had an argument with one of her brothers. I'll try and talk to her again later.

Janet went into the classroom. She knew she wasn't supposed to go in before the bell but she still did. She looked around to make sure no one was looking. Then she picked up a pot of the printing ink they'd been using in yesterday's Art lesson and tipped it into Alicia's tray.

That'll teach her, she thought. Then she suddenly noticed the rack of costumes for the play. On the end of it was a beautiful pink dress covered in gold thread. It was Alicia's dress. She picked up a pair of scissors and started to cut right through the skirt.

Just then, the door creaked slightly. "Janet - what are you doing?"

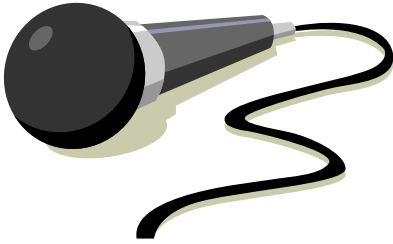
It was Mr Malek their class teacher. He pulled the scissors from her hand. "Well - what ARE you doing?" he repeated.

Janet looked at the floor. She went red. She felt really sick - but it was too late now.

Feeling Jealous

Think about the people in the boxes below. Why do you think others might feel jealous of them? If so why? Would they be right to feel this way? Discuss your ideas with a partner and then feedback to the rest of the group.

Beyonce singing



David Beckham scoring a goal



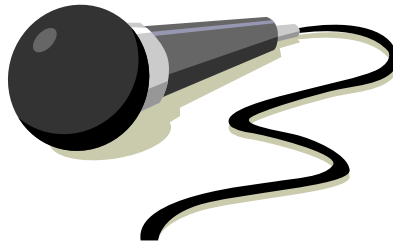
A man collecting his lottery winnings



Posh Spice dressed up for a party



Eminem singing



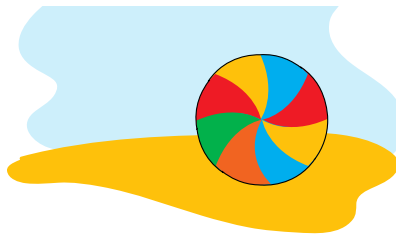
A boy receiving a 'Top of the Class' award



Someone receiving a gold medal at the Olympic games



Michael Owen and his girlfriend on a beach



A Politician winning an election and entering 10 Downing Street



Stop, think & reflect

Do these people want others to feel jealous of them?

How would they feel about these people?

What do you think you would really feel like if you were in their position?

Discuss with a partner.

Other people may also feel **JEALOUS** because we are who we are! Think carefully about this and record your thoughts on the chart below.

[illegible]

When you feel jealous, how does it make you behave towards others? What do you think you can do to cope better with this uncomfortable feeling? Who else can help you and how?

A Jealous Moment

Work
together to
solve the
problem

Read the newspaper report! Discuss it with a friend or a member of your family. What advice would you give to Mrs Foscoe? How can she stop feeling so jealous and causing so many problems to her neighbours? Record your advice jointly in the Advice Sheet below.

War Between Neighbours

Two neighbours in Argyle Street have fallen out. The argument resulted in three broken windows and a child being pushed through a glass door. Police who were called to the incident said that it was the end result of many months of arguing between the two women.

Apparently, Mrs Foscoe had become very angry and jealous when Mrs Barber's daughter had been chosen to be the local Carnival Queen at the August Bank holiday celebration. Mrs Foscoe said to our reporter 'it's not fair'. My little girl wanted to be Carnival Queen. She has been for the last three years until that woman and her daughter moved in. Why anyone should think her Emma's better looking than my Sarah. It's a joke!

Police arrested Mrs Foscoe for affray and she is due to be sentenced next Monday.

Our Advice

We think Mrs Foscoe could

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Feeling Ashamed



Feeling ashamed is an extremely uncomfortable feeling you experience when you have done something wrong or bad. You feel disgrace and guilt.

Sara had really been looking forward to the weekend as her dad had promised to take her shopping for new trainers. The old ones were just about finished. She'd quite liked them when they were new but everyone else in her class seemed to have bought new ones and she didn't want to feel left out. People could be horrible sometimes. She remembered how Alan and Maya had teased her last Friday and said she'd looked like a tramp in her old clothes and trainers. She went red just thinking about them. Mayo had been particularly nasty -

"Look at her... scruffy old bag! Does she really think we'd go around with her looking like that!"

Sara had just walked away and ignored them but she was really furious inside.

On Saturday morning she got up really early. She was ready before eight o'clock. At ten past eight there was a 'phone call. Her mum answered it. Sara knew that it was her dad.

"Sorry love - but your dad's had to go up to Scotland. His Aunt Ella's not very well."

Sara looked at the floor.

"Now... don't get upset. He'll come next weekend."

"But he was going to get me trainers mum." said Sara. She felt tears prick her eyes.

"You'll have to wait love - it's only a week." said her mum. "I'd lend you the money if I could but I need everything in my purse this weekend as we're due to do a big food shop today."

Her mum went upstairs to get ready for her own shopping trip.

Sara ate her cornflakes slowly. She felt so angry. They'll just laugh at me again next week... I can't bear it, she thought.

Just then she noticed her mum's purse by the bread bin. She didn't stop to think. All she saw were the new trainers she wanted so much. They cost eighty pounds. She opened the purse. That was exactly what Mum had. She took the notes and quickly squashed them into her jacket pocket. She put her cereal bowl in the sink and then shouted upstairs to her mum.

"I'm just going out mum. I'm going round to Claire's house, now I know dad's not coming."

"Okay love - I'll pick you up at three o'clock when I've done the shopping," her mum replied.

Sara ran out of the house and down the road to Claire's house. She could feel the money in her pocket.

I won't tell Claire, she thought. I'll wait until Monday and surprise her with my new trainers. She decided to go and buy the trainers before going to her friend's house. Mum won't know I didn't go straight there.

Just then, she heard a car screech to a halt right by the side of the pavement. Sara jumped and looked round. It was her mum! She looked really white as she got out of the car.

"I think you've got something that belongs to me Sara."

Sara looked away. She went red. Just in that minute she realised what she'd done.

"How could you?" said her mum. She wasn't shouting.

"I feel so ashamed of you."

Sara tried to speak but she couldn't. She felt sick and ashamed but it was too late now.

Feeling Ashamed

We tend to feel ashamed when we have done something we know is wrong or dishonest such as cheating or lying. We often experience this feeling when others find out about what we have done. Why do you think these people might feel ashamed?

Discuss your ideas and record them below.

<p>A girl shop-lifting</p>	<p>She might feel ashamed because</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>A boy cheating in an exam</p>	<p>He might feel ashamed because</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>A girl stealing money from her mothers purse</p>	<p>She might feel ashamed because</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>Two boys doing graffiti</p>	<p>They might feel ashamed because</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Three girls bullying a younger (black and overweight) girl</p>	<p>They might feel ashamed because</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>A mother hitting a young child</p>	<p>She might feel ashamed because</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

A Shameful Moment...

We all experience feeling ashamed at some point in our lives. Stop, think and reflect about a time when you felt this way. Then complete the post-it notes around your self-portrait.

How did others react?

How did you look?

How I looked when I felt ashamed

What did you do?

Why did you behave like this?

How did you feel?

Did you try to put things right? If so how?

Discuss in a group and then feedback your ideas

Can feeling ashamed be helpful? Can this experience be a 'warning signal' to change our behaviour? How could you use it in this way?

Feeling Ashamed

Look at the statement below. Work with a friend or member of your family and try to rank order the situations which would cause you to feel most or least ashamed? Start with the most shameful and work down to the least shameful. Cut out the statements first. Can you agree?

You tell a lie to your best friend...



You steal some money...

You didn't clean up properly and blame somebody else...

You lose your temper and shout at a friend...

You take something from a shop without paying...

You laugh at someone who is disabled...

You are rude to the next-door neighbour...

You go out with your clothes on inside-out...

Feeling Lonely



**Feeling lonely is when you feel left out,
on your own and not included. It is not a
comfortable feeling.**

Jon was looking forward to starting his new school. There was a brilliant uniform and his mum had bought him a new bag and trainers for PE. He was particularly looking forward to doing basketball and all the other new games which they couldn't do at the primary school - mainly because there wasn't a big gym - just a little hall which had to be used for dinners as well. Oldfields High sounded great. The only problem was that none of his friends were going there. At first, it looked as though Rick and Hal might be but then they'd been offered places at a school nearer to their homes so they'd chosen that.

All the boys had been excited about starting new schools but Jon didn't feel quite the same way this morning. He couldn't explain it but he just felt a bit uneasy as he packed his lunch box into his bag.

"I wish Rick and Hal were coming with me," he thought.

Just then his mum shouted up the stairs. "Come on Jon - hurry up - you don't want to be late on your first day!"

"Okay mum, I'm just coming down," he said.

He picked up his bag and ran down the stairs.

"Well - you look really smart," said his mum as they got in the car.

The journey wasn't too bad - only about half an hour. Suddenly Jon found himself waiting at the school gates watching his mum drive off to work. He turned round. The building looked enormous. Even though he'd seen it before when they had to go and have a first look around, he couldn't remember it being this big. He looked back at the gates. There seemed to be hundreds of kids going in. Everyone was shouting and laughing. Some of the boys looked huge - taller than his Uncle Pat. Jon took a deep breath.

Well, I'd better make a move, he thought as he heard the bell. He walked into the main building where he saw a big notice board. It said:

Year 7 Students

Report to Mr Palfreyman in Room A36

Where's A36? he thought. He looked around. There were lots of younger looking boys standing there. They all seemed to be chatting and laughing. Jon continued to stare at the board.

"They all know each other," he thought. "They must be friends from the same school." He felt his stomach turn over. "I wish that Hal and Rick were here."

He continued to watch the other boys. They all seemed to be really happy and excited. One boy was telling a story about his holidays and how he'd been allowed to ride a motorbike in Greece because they thought he looked older than he really was. Jon listened but felt as if he was on the outside - as if he was watching all the other kids on telly or something.

Just then he felt someone slap him on the back.

"Hi Jon - how's it going?"

He turned round.

"Michael! I didn't know you were coming here!" Jon shouted. Michael had been in the Year 6 gang and played in the football team with Jon.

Michael laughed, "Neither did I - until yesterday. My mum had appealed and they finally sent a letter to say I could come. It's great isn't it?"

"It sure is," said Jon. He smiled as he realised just how great it really was.

Feeling Lonely



Read Lorna's problem. She wrote to an Agony Aunt in her favourite magazine. If you were writing back to her what would you say? What advice would you give her? Complete the letter below.

2nd November 2006

2 Old Drive,
Oxted,
Surrey, KT3 9AB

Dear Agony Aunt,

Please help me. I feel so lonely I have just moved to a new area because my Mum and Dad split up and I have had to go and live with Mum and her new boyfriend. I have to go to a new school and I hate it as I don't have any friends. The kids there have all been together since Reception class and they don't seem to like anyone new. They all go around together and I can't seem to break into any of their groups. I am alone at school and then alone at home every day as no one comes round. I really miss all my friends back home but it's over 300 hundred miles away so I can't see them. Mum and her boyfriend work and they come home late. I can't talk to them because they are too busy. Can you help? I feel like giving up.

Yours, Lorna

Dear Lorna,

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Yours,

A Lonely Time

We all feel lonely sometimes.

Stop, think & reflect

Describe a time when you felt lonely and isolated. Then complete the (Future Focus Statements) so that you can respond more positively if you feel this way again.

My Description

I felt lonely when

I felt like this because

I tried to help myself by

Others tried to help me by

Future Focus Statements

Look for SOLUTIONS!!

I can try to prevent the same thing happening again by

People who can help me are

3 Things I can do NOW to help myself:

1)

2)

3)

3 ways I can cope better with lonely times in the future are:

1)

2)

3)

Combat Loneliness

How can we help people who feel lonely? What do you think?

Work with a friend or family member. Discuss and record your suggestions on the chart below.

We could help by

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We could help by

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We could help by

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A boy
watching football
at side of pitch

A
teacher
outside room
looking lonely and
stressed after a
bad lesson

A lonely old
lady at home
on her own

How
can we
help?

We could help by

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A girl at a
disco on her
own

A lonely
child in a
playground

A
Muslim
woman sitting at
school meeting but
unable to speak
English

We could help by

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We could help by

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Feeling Greedy



Feeling greedy is usually when you want too much of something or you might eat or drink more than you really need.

It was Christmas day. Alex and Sara crept down stairs on tip toes so as not to wake their mum.

"What time is it?" whispered Sara. Alex looked at the clock of the video.

"It's five to six," he said quietly, trying not to giggle as he dropped his stocking on the floor behind the big armchair.

"We can't open our presents yet - not until mum gets up and we'd better not wake her until at least seven - she'll go mad otherwise."

Sara smiled. They both knew that mum had been up until nearly 1 o'clock that morning trying to get all the last minute presents wrapped up and preparing the turkey for the posh dinner. They'd smelt the stuffing cooking at half past twelve as they'd pretended to be asleep. Of course, they'd hardly slept at all. How could anyone sleep knowing there were going to be so many treats over the next two days.

"Look at that!" said Sara as they crept over to the sideboard in the living room.

"Wow!" said Alex. "I've never seen so much stuff."

The sideboard had been covered in red and gold paper. On top of this were placed plates, trays and boxes of all kinds of sweets, special biscuits and chocolates. There were bowls of white chocolate snowmen, Maltesers, Belgian chocolates, butter biscuits, Brazil nuts, walnuts, peanuts, raisins covered in white chocolate and dates and satsumas.

"Well there's so much there - I think we could have some breakfast," said Sara. "No one will notice if we move bits around."

"Anyway, we can't go and make any breakfast yet - mum would hear us." Their mum's bedroom was just above the kitchen and, as they lived in a fairly new house, the walls were not very thick. Sound seemed to travel too easily in this house according to their mum.

They both giggled as they began to pick out some sweets. "I've always wanted a Christmas chocolate breakfast," said Alex. They both placed a table mat from the sideboard onto the carpet and proceeded to lay out the sweets on top of them so as not to make any marks or crumbs on the carpet.

"Mum must have been so busy," said Sara as she ate her first chocolate snowman.

"This is smashing - the chocolate's so creamy," said Alex licking his lips.

They sat eating for a further ten minutes.

"I've had enough," said Sara. "Do you want these last bits Alex?"

"Okay." Alex tipped the rest of Sara's sweets into his lap.

"I think I'm going to switch the telly on without the sound," said Sara. "The cartoons will be on and mum won't hear if we don't laugh too loudly."

They watched Road Runner, Bugs Bunny and then Power Rangers for the next hour.

All the time, Alex kept eating - one chocolate after another. Sara looked at him.

"I think you should stop eating them now," she said.

"Why?" asked Alex. "I'm still hungry you know." He laughed. "And they are nice."

"I know," said Sara. "But remember mum will want us to have some breakfast when she gets up and Nan's coming round with loads of stuff for the dinner."

"Oh don't moan," said Alex. "You know that boys can always eat much more than girls."

He proceeded to help himself to another handful of chocolate covered peanuts. Just then they heard their mum coming down the stairs.

"Happy Christmas!" she shouted. Sara and Alex jumped up as she came into the room. She was holding two big pillow cases - each of them bursting with presents. "Happy Christmas mum," they both replied as they gave her big bear hugs.

"Come on! Open them all up," she said. They both started to pull the paper from the presents. Sara screamed with delight as she opened up a handmade jewellery box.

"Oh thanks mum - it's really lovely - just what I wanted".

Alex was quiet.

He tore the paper from his first present really slowly. He knew that he should feel really excited and he could hear Sara yelling away next to him but he just felt odd. He couldn't move quickly. It was as if he was doing everything in slow motion. He looked up to see his mum watching him closely.

"Are you okay love?" she asked.

But he wasn't - of course he wasn't. How could he be okay? He'd actually turned quite pale in the face. He ran from the room and headed straight upstairs towards the bathroom.

"What is it?" said mum.

"I think he ate too much chocolate," said Sara. Of course he had and of course he was sick - and not just once. It was a Christmas day he'd certainly never forget.

Feeling Greedy

There are different ways to be greedy. You can be greedy with food, with friends, with things such as toys, money and time. Try to think of as many different ways of being greedy as you can and record them on the thought-storming sheet below.

1	2	3
8	Greedy Behaviour	4
7	6	5

Greedy Moments

Think of three times when you have felt or behaved in a greedy way. Record your ideas around your Greedy Portrait!

You may have been greedy with food or with a friend or with something else..!

Greedy Self Portrait

Moment 1

I was greedy when

.....

.....

What happened?

.....

Would you do the same thing next time?

.....

Moment 2

I was greedy when

.....

.....

What happened?

.....

Would you do the same thing next time?

.....

Moment 3

I was greedy when

.....

.....

What happened?

.....

Would you do the same thing next time?

.....

DISCUSS with a partner!

How are your greedy moments similar or different?

Can you agree on what would be a better way to behave in similar situations in the future?



A Greedy Day

What would be your ideal "Greedy Day" when you could eat or do everything you most enjoy to excess?

Work with a friend or family member to jointly plan out your day. Can you agree on what you would eat and do? How do you think you would feel at the end of this day?

Record your ideas on the reverse of this sheet.

Our Greedy Day Timetable

Time	Activities (eating, playing, shopping etc.)
9.00am	
10.00am	
11.00am	
12 noon	
1.00pm	
2.00pm	
3.00pm	
4.00pm	
5.00pm	
6.00pm	
7.00pm	
8.00pm	
9.00pm	
10.00pm	

Feeling Nervous



Feeling nervous is when you feel fear and excitement together. You may be afraid and jumpy. It is not a very comfortable feeling but it can be useful!

Daniel jumped on his bike and pedalled as fast as he could to get to school by eight o'clock. His mum had shouted at him because he'd found it so hard to get out of bed.

But eight o'clock was really early, he thought as he arrived, panting, at the school hall. His Year 6 class had been busy rehearsing for almost two terms. They'd got a new teacher that year called Mr Williams and he had been an actor before he became a teacher. Everyone really liked him. He was so funny and always told brilliant stories and acted the parts of each character. He made them laugh at least once every day and only seemed to get angry if people were being bullied or if they swore in front of him. Daniel liked him.

He had written the class a new version of the musical play 'Oliver' and they were due to perform it that Saturday night in the school hall. Mr Williams had made it like a proper theatre company - all the kids had to audition. Dan had been quite nervous when he had been asked to act but he'd managed to sing really well. He had a good voice, so no one was surprised when Mr Williams chose him to play Oliver.

No one except Dan's mum, that is. She laughed out loud.

"I don't know how you'll remember all those lines," she laughed.

Dan knew that she'd been joking but he couldn't help thinking about what she'd said.

I hope I remember it all, he thought as he locked the chain on his bike and went into the hall.

Mr Williams was setting the blocks out on the stage.

"Hurry up Dan - get your costume on - it's our first full run today."

Dan gave him a weak smile.

"Are you okay?" asked Mr Williams.

"Er... yeah... yep," said Dan and scuttled off to get changed.

But of course he wasn't okay. He met Hal and Caris backstage.

"How do you feel?" said Caris.

"Bad," said Dan. "I keep thinking I'm going to forget my lines."

"Me too," said Hal.

"Don't be daft," said Caris. "It's just nerves."

"Just nerves," said Hal. "JUST nerves!"

"Okay, okay, I know - but look, everyone feels like that. It'll be fine once we get out there and start the show."

Dan fiddled with his buttons. He couldn't get his hands to put them into the button holes. He was shaking.

"I know," he said. "... it's just... you know... I..."

Just then the house lights went up and the piano started. They were due in for the first number. Caris pulled Dan onto the stage behind her. It was the first time the lights had been used. Dan couldn't see a thing and it was so hot. He felt his face getting redder and redder. His throat felt dry and his head seemed to be pounding almost in time to the music. Just at that moment he heard his music. Caris pushed his elbow from behind and whispered "Go on Dan... sing... Go on!"

But he couldn't. He opened his mouth and nothing came out. He couldn't move. Caris nudged him again. He looked at her and mouthed "I can't." Then he ran off the stage as fast as he could possibly go.

Feeling Nervous

How can we cope with feeling nervous?

Read the suggestions in the thought-bubbles below and highlight those that you have used or might use in the future. Then add some of your own in the blank bubbles. Share your ideas with others.

Count to 10, 20,
50, or 100

Take a deep breath
very slowly

Think of something
funny to distract
yourself

Visualise yourself
doing something
very well and feeling
happy

Use self-talk to
calm yourself

Use traffic lights

Use a relaxation
script

Do some physical
jerks

Practise some
Yoga moves

My own idea...

My own idea...

My own idea...

Analyse your Nerves

What makes you feel nervous and stressed?

Look at the situations below. Cut out the boxes and put them in order of how much they would feel nervous and stressed.

Moving to a new home	Singing in front of an audience
Starting a new maths topic	Going to a new school
Someone new coming into your class	A new baby coming into your home
Your Mum, Dad or carer leaving home	Your friend moving a long way away
You have a supply teacher because your teacher is sick	You have a test

Stop & reflect! - work with a partner

Compare your responses - do you agree? Do you disagree? Are there "right" answers here?

How can we help each other and ourselves to cope better with the three things that make us most nervous?

Nerve Busters

What makes us nervous and how can we cope better with these feelings?

Discuss your ideas with a friend or family member and record them below.

Can you agree on what are the most useful strategies?

Our Nerve Busters

Things that make us feel nervous	Nerve Busting Strategies we could use
1	1
2	2
3	3
4	4
5	5
6	6

Feeling Disappointed



Feeling disappointed is when you feel let down. You might feel as though somebody has neglected you in some way. It is not a comfortable feeling!

The summer holidays seemed endless to Amy - mainly because all her friends had been away on holiday for the last two weeks and she'd been left on her own. Her mum had tried really hard to find her nice things to do but it was difficult. She had to go to work. For most of the day Amy had been on her own - 'entertaining herself', as Aunty Jermaine had put it.

The trouble is, thought Amy, I'm fed up with entertaining myself - I wish someone would just come along and take me somewhere exciting. I'm fed up with the Playcentre crowd. All the kids are much younger than me and the only ones of my age are boys. They're only happy if they're playing football. They're not interested in anything else.

She really felt fed up. Then the letter arrived. It was from Aunty Jermaine in Belgium.

Dear Amy

I know that you are bored - you certainly sounded bored when I phoned last Sunday. Why don't you come and stay with me for a couple of weeks? We can go to the Ardennes and stay in my Chalet. It will be great fun and there's lots for you to do there. Please ask your mum if it's okay and then I'll send you a ticket for the Hovercraft. We can pick you up in Ostende. Hope to see you soon.

Much love

Aunty Jermaine.

Amy was over the moon. She ran straight to her mum's shop.

"Look mum! It's from Aunty Jermaine. She says I can go and stay - isn't it great!"

"That'll be lovely for you," said her mum. "I know how fed up you've been this week. You'd better write back and say it's fine."

Amy gave her mum a kiss. "I'll go and write back now," she said.

She ran home, wrote a quick note saying that she'd love to come and took it down to the post office so that she could send it airmail.

"You look happy," said Miss Best from behind the counter.

"Well I am today," replied Amy, "because my Aunt's invited me to stay in Belgium for the holiday."

"Oh that sounds lovely - you lucky girl," said Miss Best, smiling.

Amy skipped out of the Post Office and down the road back to her house. She sat on the swing in the garden and thought about all the exciting things she would be able to do with her Aunty. She really loved her. She was such good fun and always seemed to be happy and laughing

Well, I should get my tickets by Thursday at the latest. Miss Best said it takes two days each way if you go first class and it's Friday today, she thought.

The next Thursday morning she ran down to get the post. There was a gas bill and a catalogue for her mum - but no letter from Aunty Jermaine. She bit her lip.

"Never mind," said her mum. "It'll turn up tomorrow."

Amy went upstairs and sat on her bed with a book. She couldn't concentrate. She felt so upset. She had been so excited and now she just felt really let down.

Oh well, she thought. Maybe it's just the post - it may be slower than usual for some reason.

The next day she ran down to pick up the post again.

There was no letter. The same thing happened on Saturday. On Sunday morning Amy didn't feel like getting out of bed. She was utterly miserable. Her mum came upstairs with a cup of tea for her.

"Are you okay Amy?" she asked as she put the cup down on the table

"Oh mum..." she began but she couldn't get any words out. She leant on her mum's arm and sobbed

"There, there dear," said her mum. "I'm sure the letter will come. These things do take time."

"No, no... it won't - I feel so upset mum. I thought that Aunty Jermaine really meant what she'd said in the letter. I thought she wanted me to go and stay and I was so looking forward to it... m... maybe she decided she didn't like me any more..." She started to cry again.

"Now I'm sure that's not true," said her mum. "It must be something else."

Just then the door bell rang. Amy's mum ran downstairs to see who it was. She shouted upstairs. "Amy, Amy... there's someone to see you."

Amy got out of bed, put on her dressing gown and went down the stairs.

"W... w... what! Aunty Jermaine!" she shouted. She ran down the stairs and gave both her Aunty and her mum the most enormous hug.

"Hello my darling," her Aunt said. "I decided not to write after all. I wanted to surprise you. I thought I'd come over to England and collect you so that we could go to the seaside here first - before we go to Belgium. I've never been to the English seaside. Where do you think we should go?"

Amy couldn't answer. She was laughing and crying at the same time.

I knew she wouldn't really let me down, she thought.

"Let's go into the kitchen and talk about it," said her mum. "I think we could all do with a nice cup of tea - don't you?"

Feeling Disappointed

We can feel disappointed for many different reasons. Look at the reasons given by different people below. Cut out each statement and work with a partner to place them in order of disappointment. Put the situation that would make you feel the most disappointment first and the situation that would make you feel least disappointed last. Can you agree on your ranking?

My best friend won't share her sweets with me.



My dad has left home.

My granny is seriously ill and cannot come to my party.

My mum promised me a new computer and didn't get me one.

My new haircut looks horrible.

I didn't win the lottery as I only had four numbers.

I didn't get picked for the team.

My friend didn't ask me to be her partner.

My dad didn't come to see me in the school play.

Our class didn't win the tidiest room award even though we tried really hard.

I found out that my best friend had told some lies to me.

My new trainers were ruined when we got caught in the snow.

Disappointments

STOP and THINK! Try to identify four disappointments you have experienced or caused others to experience.

<p>I was disappointed when........</p> <p>.....</p> <p>.....</p> <p>Why?.....</p> <p>.....</p> <p>What happened?.....</p> <p>.....</p> <p>.....</p>	<p>I disappointed a friend when........</p> <p>.....</p> <p>.....</p> <p>Why?.....</p> <p>.....</p> <p>What happened?........</p> <p>.....</p> <p>.....</p>
<p>I disappointed someone in my family when........</p> <p>.....</p> <p>.....</p> <p>Why?.....</p> <p>.....</p> <p>What happened?.....</p> <p>.....</p> <p>.....</p>	<p>I disappointed a teacher when........</p> <p>.....</p> <p>.....</p> <p>Why?.....</p> <p>.....</p> <p>What happened?.....</p> <p>.....</p> <p>.....</p>

Talk it through - work with a partner

If you feel disappointed for similar reasons in the future, what three things can you do to help yourself?

Disappointing Times

We all feel sad and disappointed at some time in our lives. What causes us to feel that way? Thought-storm with a family member. Try to find four things that have caused you both to feel disappointed, e.g. a friend letting you down or lying, not winning the lottery... Then think about how you might deal better with such a disappointment next time.

The situation	How we felt	What we did	What we might do differently next time
<div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div>	<div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div>	<div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div>	<div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div> <div>.....</div>
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Feeling Rejected



Feeling rejected is when you feel unloved, unwanted, pushed aside or excluded. It is a sad and uncomfortable feeling.

Sally ran all the way to Jan's house. She stood panting in front of the door before she finally managed to reach up and touch the bell. Jan came to the door.

"Hi Sal. Come in, I'll just get my coat." Sally followed her into the hallway.

"We'd better hurry or we'll be late," she said. Jan shouted goodbye to her mum and took an orange from the fruit bowl in the kitchen.

"Oh, don't forget to tell Amy that you can go to her party on Saturday," said her mum.

"I won't," shouted Jan.

The two girls walked off down the street, sharing the orange as they went. It dribbled all over their coats and made their hands all sticky.

Sally sucked her fingers to try to get the sticky feeling to go away. She felt a bit funny. She hadn't said anything to Jan but she couldn't help it. There was a slight sick feeling in her stomach. Why had Jan been invited to Amy's party and she hadn't? What was wrong? She didn't understand it. After all, they all went round together - like a gang - her, Amy, Jan, Raff, Alex and Jake. Why was she being left out?

"You're quiet," said Jan. "Is everything okay?"

"Yep, fine," said Sally, as she gave a rather weak smile. But of course everything wasn't fine. She really felt like crying but she felt angry at the same time. She was determined not to show it though.

"Oh look! There's Amy and Raff," said Jan. She ran over to say hello

"I can't wait until Saturday," said Amy

"It'll be great," said Raff, turning to the two girls. "Amy's mum is paying for us to go ice-skating and to see the new 101 Dalmatians film."

"Brilliant," said Jan

Sally stood still and said nothing until Amy turned round and smiled at her

"Are you okay Sal?" she asked. "You seem a bit quiet"

Sally looked at her. She bit her lip. She really wanted to ask her why she hadn't been invited - but she couldn't do it. She felt so hurt, angry and left out. She felt her face going red. It felt hot.

"Just go away!" she shouted. "You don't really like me anyway. You're just mean and stupid and I hate you." She ran off crying. The others stood still. They were so shocked.

"What on earth was all that about?" said Raff

"I don't know," said Amy. "It's just not like her at all."

"She was a bit funny this morning though - sort of quiet," said Jan.

"Well, we'll just have to go to school or we'll be late and get detentions," said Jake. Amy looked worried.

"Don't worry," said Jan. "We'll find her after school and get it sorted out."

Sally ran all the way home with tears streaming down her face. She knew her mum would be at work but she couldn't have cared less if anyone had caught her. She put the key in the door and went into the flat. As she looked down she saw the mail on the doormat and automatically picked it up and placed it on the telephone table. Then she suddenly looked back. There was a large pink envelope addressed to her. She opened it and read the first line - 'You are invited to Amy's birthday extravaganza!' She stared down at the gold lettering. Tears fell and blurred the words.

Oh no! she thought. But it was too late now.

Feeling Rejected

Complete the acrostic poem entitled 'Rejected'.

R

.....

E

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J

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E

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C

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T

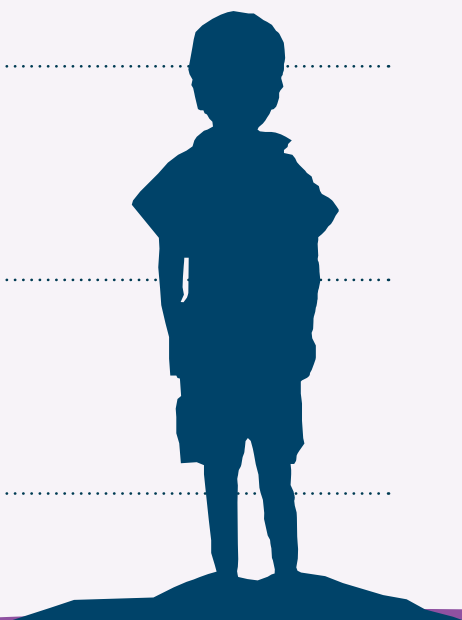
.....

E

.....

D

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Rejections

Stop, think & reflect

A time when I was
REJECTED

A time when I caused
somebody else to feel
REJECTED

<p>What was the situation?</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>What was the situation?</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>What did I think?</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>What did I think?</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>What did I feel?</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>What did I feel?</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>What did I do?</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>What did I do?</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Could I have helped myself?</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>Could I have helped myself?</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Could anyone have helped me?</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>Could anyone have helped me?</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>What would I do differently if I was in the same situation again?</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>What would I do differently if I was in the same situation again?</p> <p>.....</p> <p>.....</p> <p>.....</p>

Who is rejected?

Why are people rejected by others? Is it because of the colour of their skin, their religion, their politics, their background...? Discuss your ideas with a friend or member of your family and record them in the thought-storming chart below. You might want to illustrate your ideas.

WHO IS REJECTED?
(Draw, Label or Write)

Feeling Shy



Feeling shy is when you are afraid of new people and situations. It can be quite an uncomfortable feeling.

Barney wasn't looking forward to Monday. His family had moved from Scotland down to London during the summer because his dad had a new job in the Post Office. At first he'd been quite excited at the thought of moving to a new place - especially one that was the home of his favourite football team.

"Think of all the matches we can go to, instead of just watching them on the telly," said his dad.

Barney had thought quite a lot about that. Yep - it would be really great, he thought, but if he was really honest he still felt a bit scared about meeting a whole new crowd, starting a new school and getting used to the way that people talked in England. It was funny - he'd never really thought about the differences before but when he watched Eastenders on the telly now he wondered how they would understand him at school - after all, the accents were so different.

They packed and prepared for what seemed like weeks, and finally arrived on the Sunday night. He was due to start at Mayford Primary the next morning. It was all he thought about that night.

Will they like me? Will I be able to make friends?

When he got out of bed he felt that he hadn't actually slept a wink. His mum went with him to school where they met the Head teacher who then took them along to introduce him to his new class. The school looked much bigger than Ladywell in Glasgow and there seemed to be so many children.

"Chin up son," whispered his mum, as they walked up to the door. "It'll be fine - you'll soon make new friends."

He tried to smile but he felt sick inside. The class teacher came to the door and introduced herself.

"Hello Barney - I'm Mrs Maconville," she said, smiling, as she held out her hand. She was tall and pretty and best of all she sounded Scottish! Barney smiled

At least she'll understand me, he thought. She introduced him to the class and showed him to his seat. He looked around the table. There were three boys and two girls. They all smiled at him and said hello. He tried to smile back but he felt too nervous and looked down at the table.

"Okay children - today we're starting our project on the Greeks - now, who can tell me anything about the Greek civilisation? Hands up please!"

Barney sat rigid in his seat. He knew tons about the Greeks. It had been his last project in school but he couldn't say anything. Other children talked about their Greek holidays and gave the names of Greek gods they knew from stories they had heard. Barney didn't say a word. He just looked at the table. Then he overheard the other children whispering.

"Gosh - he's quiet," said Alex, who was sitting opposite him.

"Perhaps he's nervous - it must be hard starting a new school," said Caris and she smiled across at Barney encouragingly. He didn't smile back. He couldn't. He was beginning to feel really miserable.

Then the bell went for play.

"Alex, can you take Barney to the playground with you please?" said Mrs Maconville. "He'll need to know where the toilets are as well."

"Yes Miss," said Alex, and he beckoned Barney to follow him.

"Where are you from?" asked Alex.

Barney managed to say, "Scotland."

"Oh - it's lovely there, isn't it?" said Caris.

"Yeah - all the mountains and stuff," said Jos.

Barney looked at his feet. He really wanted to chat to them. They seemed so kind and were really trying to make friends with him. But he just couldn't open his mouth and get the words out.

"Are you okay?" said Caris.

Barney didn't speak. Just then Sam came across the playground with his football.

"Do you want a game?" he asked.

"Great," said Caris. "Come on Barney - do you want to play?"

Barney was brilliant at football and he would have loved to play a game, but again - he felt so nervous that he didn't reply.

"Well, we're going to play - we'll get you when the bell goes," she said.

Barney stood on his own, watching them as they ran off to the pitch.

"I think he's just a snob," said Jos.

"Yeah - he must be," said Alex, "otherwise he'd have played a game."

"I don't know," said Caris, "maybe he's just shy."

"Oh don't be soft," said Alex. "He won't even look us in the face. He thinks that he's better than us and that's why he won't play. Forget him."

"Yeah - we don't want him in our gang anyway," said Jos.

Poor Barney - he could hear what they were saying. He felt worse than ever now. I just wish I wasn't so shy, he thought.

He wasn't a snob - he knew that for a fact. But how was he going to show them now?

Maybe it was too late already.

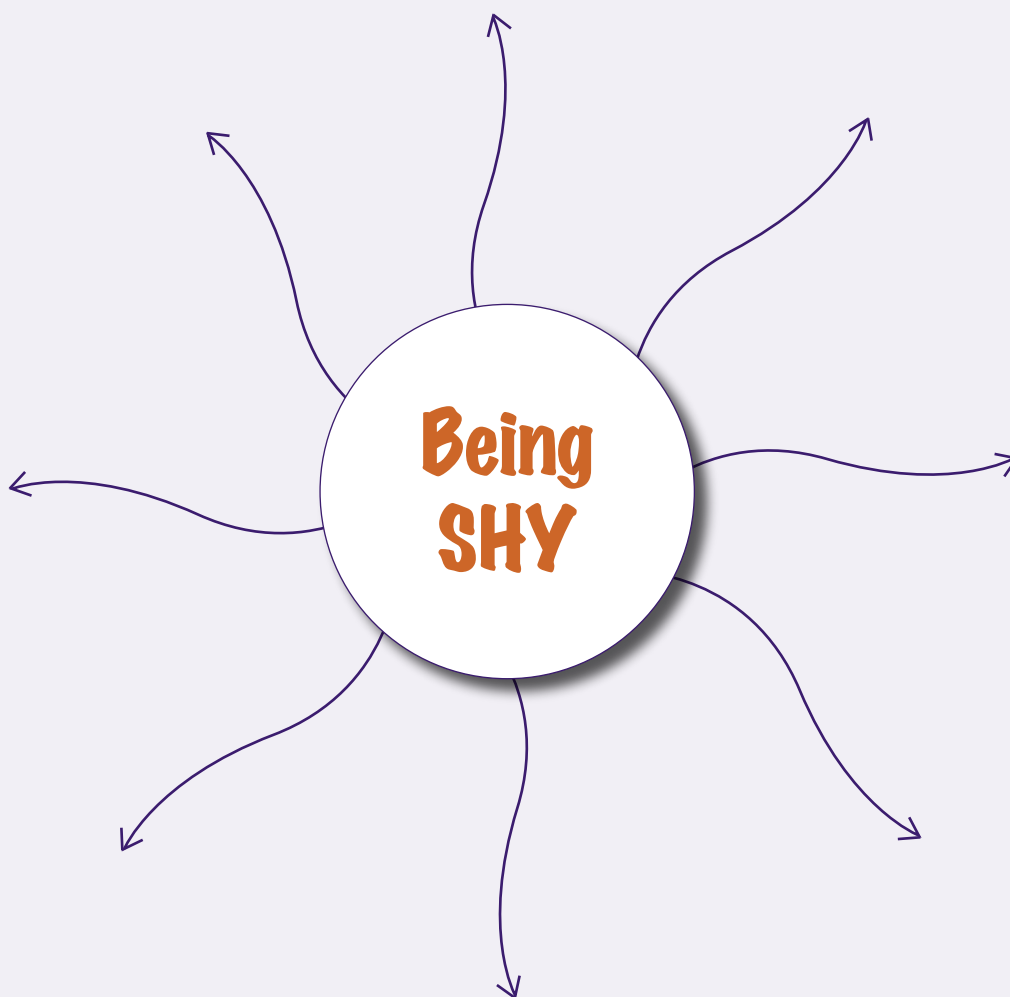
Feeling Shy

Look at the different situations that may cause people to feel shy. Then think what they could do to help themselves and how others might be able to help them. Record your ideas below and share them with other members of the group.

<p>A man walking into a room full of strangers at a party</p> <p>He can help himself by</p> <p>.....</p> <p>.....</p> <p>Others can help him by</p> <p>.....</p> <p>.....</p>	<p>A teacher walking into a class to take her first lesson</p> <p>She can help herself by</p> <p>.....</p> <p>.....</p> <p>Others can help her by</p> <p>.....</p> <p>.....</p>
<p>A girl sitting alone in a corner at a birthday party</p> <p>She can help herself by</p> <p>.....</p> <p>.....</p> <p>Others can help her by</p> <p>.....</p> <p>.....</p>	<p>A boy running out of the school hall as others rehearse their school play</p> <p>He can help himself by</p> <p>.....</p> <p>.....</p> <p>Others can help him by</p> <p>.....</p> <p>.....</p>
<p>A woman in a queue at the newsagents with people pushing in front of her</p> <p>She can help herself by</p> <p>.....</p> <p>.....</p> <p>Others can help her by</p> <p>.....</p> <p>.....</p>	<p>A boy turning away from a group playing cricket on the field</p> <p>He can help himself by</p> <p>.....</p> <p>.....</p> <p>Others can help him by</p> <p>.....</p> <p>.....</p>

I Feel Shy When...

Stop, think and reflect. Then complete the thought-storming chart below.



Discuss with a partner and then feedback

What things made you feel shy?

What are the differences between you and your partner?

What strategies could you learn to cope better when you feel most shy, a bit shy and least shy?

A Moment of Shyness

When have you felt shy and why? What caused you to feel this way? What did you think, feel, do and what might you do differently in the same situation next time? Discuss with a friend or family member and then complete the chart below.

Me	Other
I felt shy when	I felt shy when
I felt shy because	I felt shy because
I thought	I thought
I said	I said
I did	I did
If the same thing happened again I would	If the same thing happened again I would

Stop, think & reflect - discuss

How are the situations similar or different?

How are your feelings and behaviours similar or different?

What strategies could you both use to help you cope more effectively with shyness?

Feeling Arrogant



Feeling arrogant is when you think too much of yourself. You think you are the 'best' and feel arrogant. You look down on others.

Anna woke up as the alarm clock buzzed at 7.00am. She yawned and turned over.

Just five more minutes, she thought. She was so cosy and warm in bed and she knew that it was really cold because the windows were covered in frost on the inside and her breath made a white cloud as she breathed out. She shivered and tucked the duvet around her shoulders.

"Anna! Anna! Come on. It's time to get up - hurry up. Don't you remember what day it is?" shouted her mum from the kitchen.

"No - she's too daft, not with it," shouted her brother Sam from the bathroom. Anna jumped.

Oh no! she thought. I slept so well and dreamt so much - it just went out of my head. She jumped out of bed and ran to the bathroom.

"Come on Sam - hurry up! I've got the ice-skating competition today - hurry up or else I'll be late!"

He poked his head round the door and smiled.

"I know," he said and ruffled her hair as he ran past. Anna ran in and put the shower on. She looked in the mirror and smiled.

I know I'm going to win, she thought. After all, I'm the best skater and I look the best.

She tied up her long hair and jumped into the shower.

An hour and a half later she was sitting at the side of the ice rink. Mum had made her a new outfit just for this competition. It was really lovely - all red velvet trimmed with white fur. It had gold sequins sewn onto the skirt and gold brocade around the edges of the neck and sleeves.

"You look really nice," said Sara as she sat down in her place next to Anna.

"Thanks," said Anna. She looked at Sara's outfit and thought, Well, I can't say the same for you - pity!

"I'm nervous," said Sara. "Aren't you?"

"No - not really," said Anna. "I'm more... well, excited. After all, there isn't anything to be nervous about, not if you've practised as much as I have. I've done five hours a day for the last three weeks and my routine's really excellent now." She smiled at Sara. Sara was quiet. She looked down at her boots.

I wish I was confident like her - it must be nice. I just can't help it. I feel so nervous, she thought. Number 72 was then relayed over the loudspeaker system.

"Go on! That's you!" said Anna. Sara jumped up. She took a deep breath and started to move onto the ice. She counted to ten and held out her arms as her music began. She concentrated as hard as she could and tried to remember everything her teacher had told her to do - stay calm, think, move carefully and slowly and concentrate! She finished her routine and took her bow. The audience were still clapping as she sat down next to Anna. She was out of breath and pink in the face.

"Whew! I'm glad that's over," she said.

"Ssh!" hissed Anna. Listen - it's your results."

The number came over the loud speaker system:

5.4 5.6 5.7 5.3 5.6 5.7

"Um - not bad," said Anna smiling.

"Thanks," said Sara. She was really pleased. "I hadn't expected to do that well! Oh! That's your number Anna - Good Luck!"

Anna stood up.

"It's nothing to do with luck," she said as she skated smoothly onto the ice. Her music began and she started her routine.

She looks so confident, thought Sara. I bet she wins.

Just then Anna went for her big jump but as she spun round she caught her blade in the bottom of her skirt and missed her

footing. She landed with a big thump on the ice - on her bottom! There was a hush in the ice rink as people waited to see what she would do. She stood up and tried the move again, but the same thing happened - she fell and this time she skidded from the middle of the rink right to the side where the judges were sitting. Her face was bright red.

"She looks furious," said Sara to Caris.

"I bet she is," said Caris. "And look at those scores!"

The judges read out:

4.8 4.6 4.7 4.3 4.6 4.7

Anna stormed off the ice and walked straight past the two girls. She went through to the dressing room without uttering a word to anyone. Tears were burning her cheeks.

"Oh no! What a shame," said Sara.

"Not really," said Caris. "She might learn her lesson now - as my Gran always used to say, "'Pride comes before a fall'."

Feeling Arrogant

People who feel arrogant and act in an arrogant way often feel insecure inside. They may behave in an arrogant way in order to hide their true feelings. Sometimes they will also try to put others down and make them feel small. When are people likely to act in this way? Write/Draw your ideas in the thought chart below.

People can be arrogant when...

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People can be arrogant when...

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People can be arrogant when...

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Arrogance

People can be arrogant when...

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People can be arrogant when...

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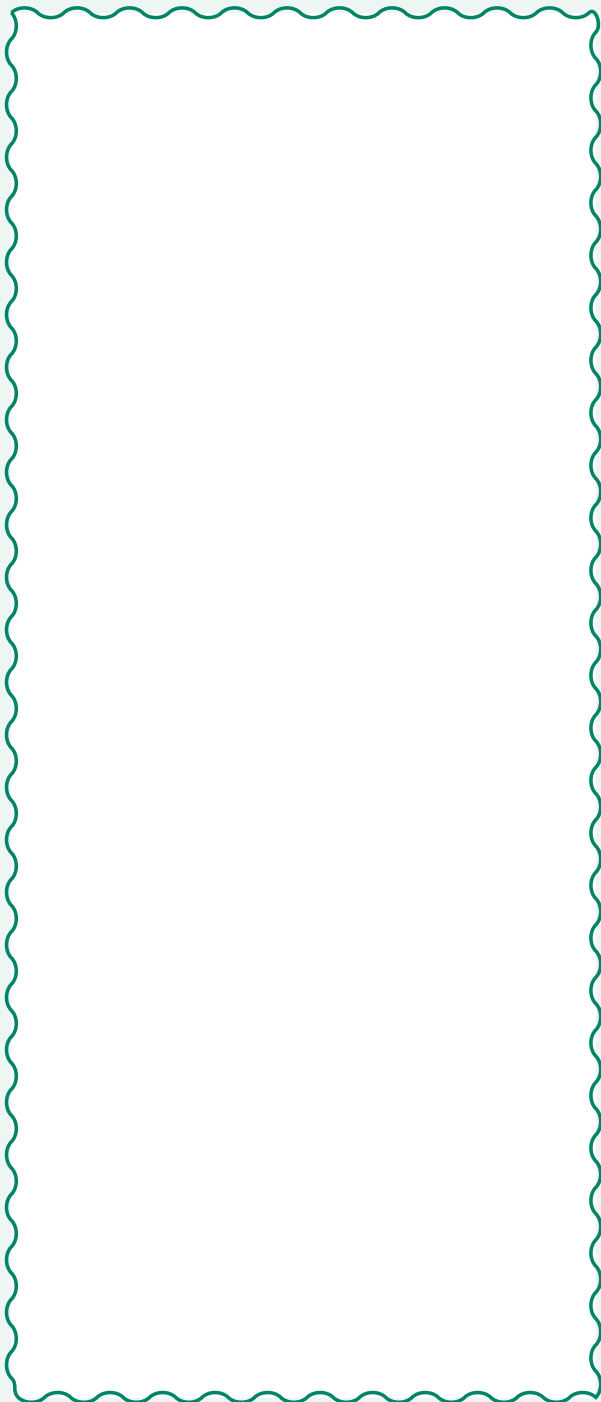
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Feeling Arrogant

Draw it out!

This is me when I am feeling **ARROGANT!**



Now try to complete the following sentence starters:

I look

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I think

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I feel

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I say

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I do

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I wish

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I should

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I could

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I might

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Reflect Again

How do you make others feel when you are being arrogant? Do you think these behaviours get you the best possible outcome? Discuss with a partner.

Who is Arrogant?

Read the scenes below. Discuss with a friend/family member. Who is being arrogant and why? Why do you think their behaviour might be wrong? How can they change?

Discuss and record your ideas on the reverse of this sheet.

Look, think and discuss

1

A man with a good suit looking down at street beggar.

2

A rich woman looking down at a woman struggling with shopping bags along the street.

3

A child looking down on another who cannot do the work.

4

A skinny girl in a party dress ready for the party looking down on her nose at girl who wears frumpy clothes.

5

A teacher looking down at another who is unable to keep control of an unruly class.

6

A man in a restaurant being rude to and looking down his nose at the waiter.

Feeling Generous



Feeling generous is when you really share yourself and your possessions with others.

Hal and Janet ran home and almost fell into their house through the patio window. Hal certainly might have fallen right through the window if his dad hadn't been standing there re-potting his spider plants.

"Wow! Hold on son! What's the big rush?" he said as Hal's head hit his right arm.

"Ooops! Sorry dad - it's just, well - we're so excited."

"I can see that," said his dad.

Hal continued "... because we've been invited to Sid's party and it's bound to be brilliant!"

"Yeah - like last year - it went on for hours," said Janet, "and we got brilliant presents."

"Right! What's all the fuss about?" said mum as she came in from mowing the lawn. "I could hear you two half way down the garden."

"It's Sid's party," laughed dad.

"Oh no! not that again - I suppose we'll have to put up with you being spoilt rotten for another whole weekend."

"But mum," said Janet, "it is only once a year and it is the best party we ever get to go to."

"It must cost Sid's parents an absolute fortune - what is it this year?"

"It's a Disney theme," said Janet laughing.

"Ah well! I suppose that means you'll all be off to Disney Land - ha! ha! ha!" laughed dad.

Janet and Hal laughed and ran upstairs to look through the clothes in the dressing up box. Mum shut the patio doors.

"You know," she said. "I know Sid's dad is rich, but he really shouldn't spend all this money on everyone else's kids."

"Why on earth not?" said dad. "After all, they've got the money to do it and it certainly makes all the children happy - I think it's great."

"Well - you would," she said. "You're nothing more than a kid yourself." Dad laughed.

The next day the invitation came through the letter box. It read:

Hal and Janet

You are invited to Sid's 10th birthday party. You will need a Disney costume and a passport plus permission from your mum and dad to spend a week in Florida.

We hope you can come

Love from Sid, Ella and Joe

PTO

Janet and Hal screamed with excitement when they read the invitation.

"It's like a dream come true," said Hal. "I've always wanted to go to America."

"And Disney Land - it'll be brilliant!" said Janet.

Dad took the invitation from Hal and read it through again. "It's true - that's where you are going you lucky things! I wish I was coming too." He sighed.

"Hold on dad - look! it says PTO on the right hand corner of the card - what does that mean?"

"Please turn over," said mum laughing.

Dad read aloud: "P S mums and dads are invited too - let's all have a holiday!"

"I don't believe it," said mum. "I know they're rich - but this is just so generous - do you think we should?"

"No question about it," said dad. "We're all going and that's that. Ella and Joe know what they're doing. They've got the money to do it and they want to do it for all of us. It's great and I can't wait," he said. Everyone laughed out loud except mum who suddenly seemed a bit withdrawn.

"What is it love?" asked dad.

"I don't know," she said. "It's just - well, we could never afford to do this for our own kids let alone all the families in the street."

"No we couldn't," replied dad. "But then we didn't win a lot of money on the lottery. What you've got to remember is this - Joe and Ella were always kind and generous when they had no money at all. We should just be glad that having money hasn't made them mean. They've stayed just the same and it's the way they want to be. I'm glad. That's all I can say."

"And so are we," said Hal and Janet.

Mum smiled. "Me too!" she said. "But I'm going to insist on paying for the first round of mega-cokes and ice-cream - and that's final!"

Feeling Generous

We can be generous to others in many different ways. Discuss with a partner and then complete the following list.

10 ways to be Generous

- 1) You can be generous by
- 2) You can be generous by
- 3) You can be generous by
- 4) You can be generous by
- 5) You can be generous by
- 6) You can be generous by
- 7) You can be generous by
- 8) You can be generous by
- 9) You can be generous by
- 10) You can be generous by

Stop, think & reflect – discuss with a partner

Is it ever right not to be generous?

Can people ever be too generous?

Generous Me!

Draw a cartoon strip to describe a time when you were feeling and being generous. Show what **TRIGGERED** your behaviour, what you **DID**, how you and others **FELT**, and what happened. Try to use all 6 picture frames.

1) The trigger	2) The feelings	3) What I did
4) How others felt	5) What happened	6) The ending

Set yourself FUTURE GENEROSITY GOALS

Think of 3 ways that you can be generous and kind to others in order to make them feel special, loved, valued. Record your ideas below and share them with a friend. Set a 'Do Date' for each one and then review how it all went.

- 1) Do date
- 2) Do date
- 3) Do date

Times To Be Generous

Discuss

When are you generous and when are others generous towards you?
Discuss with a friend or family member and record your ideas on the chart below. What are the similarities and differences in your responses? Do acts of generosity need to be related to material goods or can people be generous with themselves or their time?

You

Other

I am generous when	I am generous when
<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>
Others are generous to me when	Others are generous to me when
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Feeling Selfish



Feeling selfish is when you only think about yourself and don't care about the needs and feelings of others.

It was only one week until Christmas and there were only three more school days left before they broke up for the holidays. Anna was really excited. She'd written a list of 12 things for her mum and dad to get her and left it on her mum's bedside table. She knew that both her parents couldn't have missed it because she wrote it on an enormous piece of paper.

She'd asked for a new computer, two dresses, a make-up box, a pair of ice skates, some Nike trainers, twenty two CDs, an Encyclopaedia, a personal stereo, a pair of gold earrings and a matching bracelet.

Maybe I should have asked for a new leather bag as well, she thought as she walked to school for the Christmas party.

Still, I can always add that to the list later.

As she walked along, she clutched her bag of chocolate angels. Her mum had given them to her to hand round at the Christmas party, but she'd eaten four of them already.

Um, they are lovely, she thought as she unwrapped another one and popped it in her mouth.

The party was lovely - there was so much food to eat and they played some really good games. Pass the Parcel was the best. Anna managed to grab hold of the parcel twice at the last moment and ripped off enough paper to win both prizes. She also won three quiz games because she was so quick at answering questions.

"It's not fair," said Alex to Sam. "She's won five prizes - I haven't got anything yet."

Miss Best overheard.

"Never mind," she said. "I've got a special present for all of you at the end of the party. Everyone will be a winner then."

She smiled at Alex and Sam. She was very kind and obviously wanted all the children in her class to enjoy the party on the last day of term. Anna stared at the two boys and then looked down at the pile of gifts she had won. The plastic bag containing the chocolate angels was half empty as she'd eaten so many of them.

I suppose I could give Alex the playing cards, she thought. I won't play with them myself - I don't like cards much.

She picked up the cards but then thought again.

Well... I did win them - he didn't - why should he have them just because he's too stupid to win any prizes. She put the cards back into her carrier bag and tied up the top handles.

I don't want anyone taking my things, she thought.

At the end of the party they played musical bumps. Anna was very careful not to move around too much so that, at the end of the game, she was in the last two with Caris. Caris hadn't won a prize, but it was almost as if she was trying too hard to win the game. She tripped over and got up just as the music game came to a stop. Anna had managed to get down on the carpet first.

Great! another prize for me! she thought.

"Well done!" said Miss Best - but she wasn't smiling.

At the end of the party everyone helped to clear up including some of the parents who had come to help. Alex and Jake ran to Jake's mum as she came to the door. "Have you got my invitations?" said Jake "did you write them for me?"

His mum laughed. "Of course I did - here you go - you'd better hand them out before all the kids go home."

"What is it?" said Caris.

"Well, it's my birthday on Christmas Eve and, because it's the holidays, I've never been able to have a proper party. Anyway, mum's organised a brilliant treat for the whole class - we're going on a coach, all of us - to Maxton's Theme Park. Then we're going to a movie and finishing up with pizzas."

"That sounds brilliant," said Alex.

"It's really kind of your mum - she's very generous," said Caris laughing.

They ran round the room and made sure everyone had an invitation. There were screams of delight as the invitations were opened. It seemed like Christmas was just one treat after another and this one sounded really great - the best yet.

Anna waited for her invitation. She waited right until the very end when the cleaning up had been finished, but by then Alex, Jake and Caris had gone home. So had everyone else. She stood looking at her bag of chocolate angels - there were only three left.

"Is your mum picking you up or are you going home on your own this afternoon?" asked Miss Best as she picked up the last of the party poppers.

"Oh - um... on my own," said Anna.

"Well - be careful, and have a lovely holiday," said Miss Best.

"Thanks Miss," she said as she walked out of the room. She walked slowly up the hill. Actually, she felt a bit sick from having eaten too much chocolate and also she felt quite annoyed. Why didn't I get an invitation to Jake's party? It's not fair. Everyone else did. Why didn't I?

Perhaps we know the answer - or do we?

Feeling Selfish

Look at scenarios below, what is happening? In what way is each person being selfish?

Child taking more than her fair share of sweets - the queue of children behind are left with nothing.

Child pulling another out of the way in order to grab the parcel in a game of pass the parcel.

Child in swimming pool with arm bands and floats and another child looking on unable to go in water, as he doesn't have anything to keep him afloat.

Man getting into a taxi and leaving older frail looking couple in the snow outside.

Boy playing on his computer and refusing to let others have a go.

Woman with a huge plate of food at dinner table with 2 guests looking on with very little on their plate.

Stop, think & reflect - discuss with a partner

How do you think these people feel?

How would you feel if people were selfish like this towards you?

What can we all do to try to avoid being selfish?

An Act of Selfishness

Which of the following acts of selfishness have you committed? Highlight each of the boxes that apply to you and then answer the questions.

Kept all my sweets to myself.	Not shared my ideas with someone that was stuck	Not let someone else watch their favourite TV programme
Not helped someone with their work when they needed it	Left a friend out of a game	Took the last biscuit from the packet
Ignored someone who was upset because it would take too long to help and you might miss some play	Not let someone have their go in a game	Not put all your effort into a group piece of work

Questions for reflection – record answers the on the reverse of the sheet

Which of these acts do you think is the most selfish and why?

Which of these acts do you think is the least selfish and why?

How selfish are you – on a scale of 1-10 1= not at all, 5=a medium amount, 10= extremely selfish.

Mark the scale 1 2 3 4 5 6 7 8 9 10

Where would you like to be on the scale? ____ How can you get there? What do you need to do? Record 3 smart targets on the reverse of the sheet.

Who is Selfish

Who is selfish? Work with a friend or member of your family in order to see who is selfish. Tick or cross against each description. Can you agree?

Cara doesn't want to share her sweets	Matt doesn't want his mum to have a new boyfriend	Sara only wants her best friend to play with her and no-one else
Adil won't let anyone play on her play station	Mr Hafiz wants to see his grand children once a week	Janet wants her little brother to stop taking her things
Maria wants her daughter to do her homework before she goes out to play	Amy wants to be top of the class every week	Jeff wants to watch his favourite TV programmes all the time
Harian doesn't like parties because he is shy	Henry likes to spend time with his children	Jodie has a new boyfriend and won't let him meet her mum and dad

Stop, think & reflect - discuss together

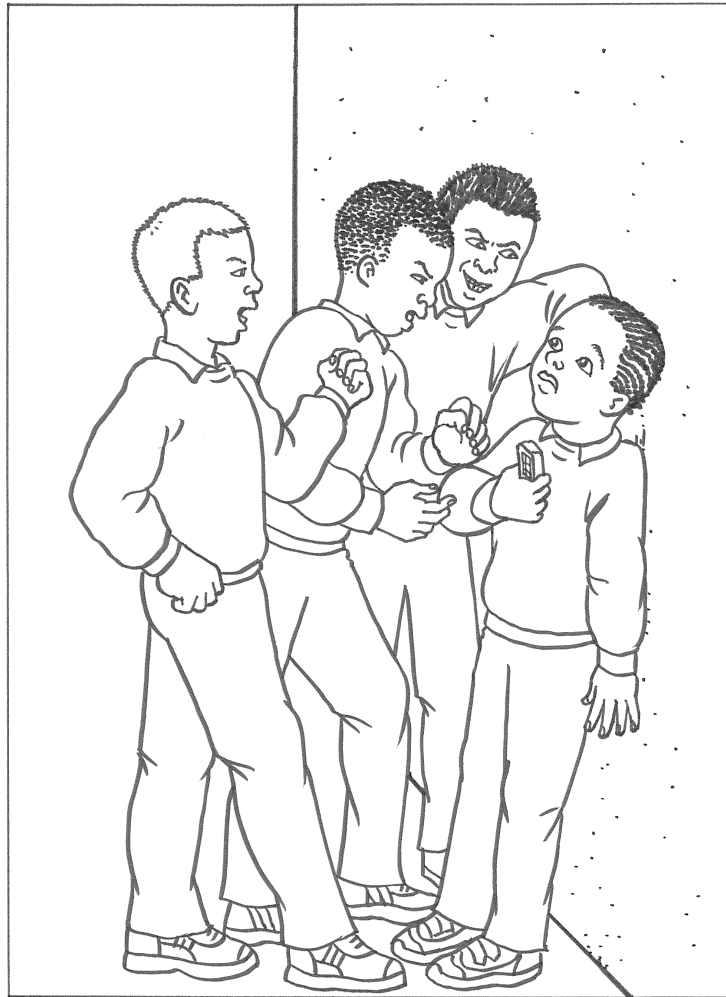
Can we always tell if people are being selfish?

Are there some times when people need to be selfish?

Do you agree on what constitutes selfish behaviour?

Can you draw up a list together?

Feeling Intimidated



**Feeling intimidated is when you feel afraid
of a person or a group.**

**You may be bullied or frightened into doing
something you don't want to do.**

Sam got out of the car and waved to his mum. As he watched her drive around the corner he felt sick. There was nothing he could do about it. He would just have to go into the playground and face it. He took a deep breath and walked slowly through the gates. As he got to A Block he saw them waiting. Jos Deacon... he hated that name - but there he was, standing large as life in front of him.

"Where do you think you're going then?" Jos asked.

He stood in front of Sam, preventing him from walking any nearer to the school buildings.

"Into class... where else?" Sam replied.

"Oh - who's a rude boy then?" said Daniel

He pushed Sam hard and nearly made him fall over.

"He's going red - look!"

The gang all laughed.

I mustn't cry, thought Sam. I mustn't.

He took a deep breath and tried to keep calm.

"What have you got for us today then?" asked Jos. "It had better be good - we're short of money at the moment - a fiver should do it."

"But I haven't got a fiver. My mum only gave me two pounds today - it's for my lunch."

"Right then - hand it over," hissed Mike.

"Yeah - or else we'll do you right now," said Jos.

Just then Mr Jeffers walked past. He stopped and looked back at the group "Everything okay boys?" he said. Sam looked at his feet.

"Yeah, fine Mr Jeffers - we're just going into class," said Jos.

"Well, hurry up then - you don't want late marks," he said.

He turned away from them and walked briskly across the playground. The boys crowded around Sam. "Well come on then you fat chicken - hand it over." Sam didn't move. He couldn't. He was just too scared.

"Oh dear, oh dear," said Jos in his creepy voice. "He doesn't want to play today."

"Oh dear, oh dear. We'll just have to MAKE him," said Mike. He grabbed Sam's hair on the back of his head and pulled it hard. Daniel kicked him in the leg while Jos grabbed his bag. He emptied it's contents onto the ground. Two one pound coins fell out on top of the homework book.

"What a creep you are! Look, you lot - two pounds, that's all," said Mike.

"Not enough you know - you'd better bring some more tomorrow - right!"

Sam just looked at them. Daniel picked up the homework book.

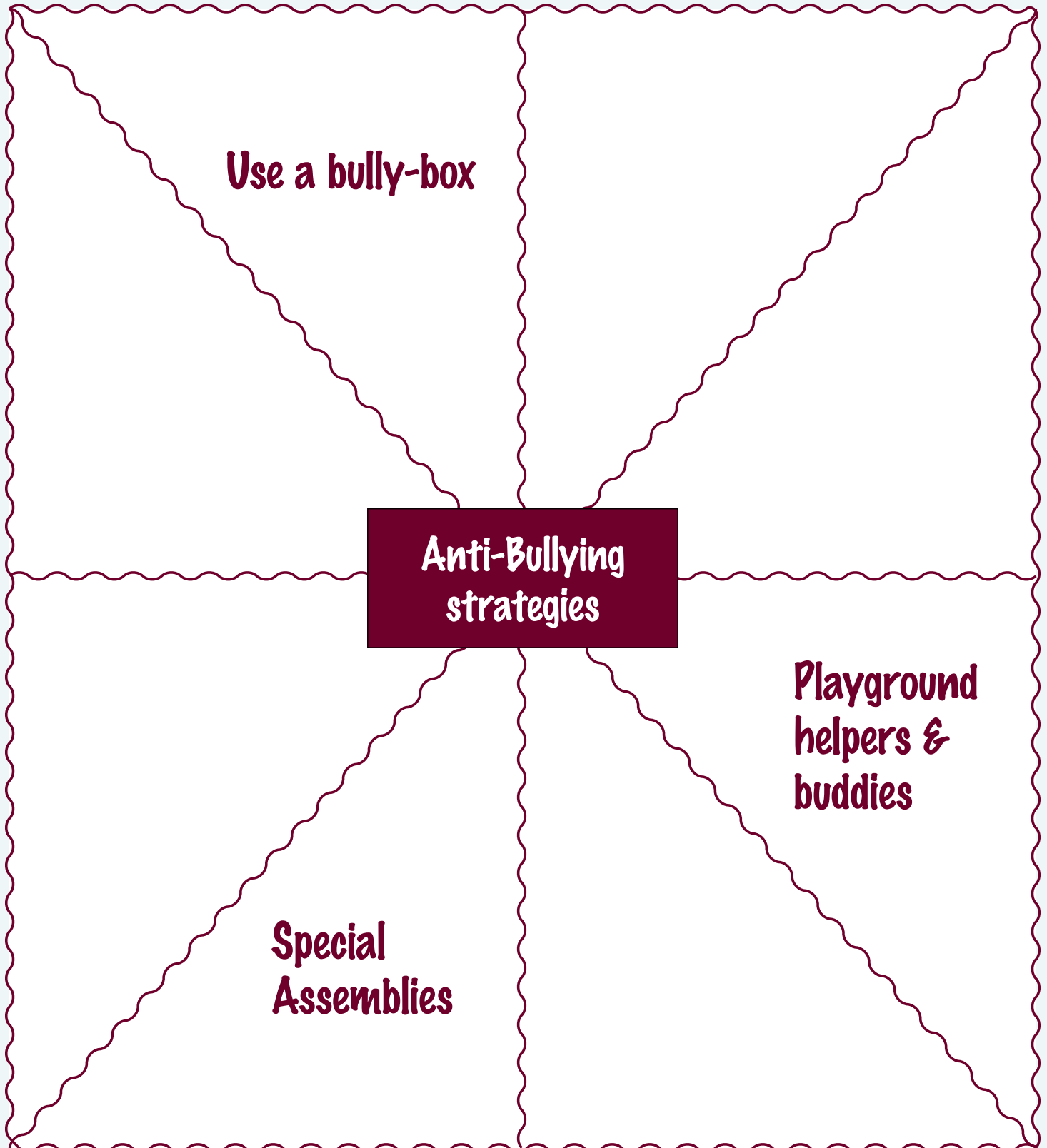
"Look you lot! The fat chicken has done his homework." He opened the book and looked at it.

"Give it back," said Sam in a quiet voice. He was shaking.

"You'll have to come and get it," said Daniel. "You'll have to come and get it from the toilets - that's where it'll be." With that, the boys ran off, tearing pages out of his book as they went. All Sam could hear was their laughter. It just didn't seem to stop.

Feeling Intimidated

What can we do in school to try and stop bullying? How can we help each other?
What strategies can be used? Discuss and record your ideas in pictures and labels below.
Some examples have been given to help you with the thinking process.



Feeling Bullied

Complete the self-reflection chart...

I was bullied when...

I felt...

A picture of me when
I felt bullied

What I did...

I think that the bully/
bullies felt...

What I wanted to
happen...

People who did/might have
helped me...

Stop, think & reflect - discuss with a partner.

What would you do to help yourself if you were bullied again? How could you stop the bullying?
Think of 3 strategies:

- 1)
- 2)
- 3)



Why do people bully others?

How can we prevent bullying?

Work together and plan out what you would do if you felt you were being bullied. What strategies would you use and who would you go to for help and support?