

Expectation: I show I care if people are left out

Introduction:

- Watch : "Garden theatre-Casey Caterpillar feels left out"-segment
https://www.youtube.com/watch?v=8_5Ngu_mdhM
- Create a talking circle (pass a ball around and only the person with the ball is allowed to speak)
- Think of a time when you felt lonely. Share experiences if they are comfortable. (Be clear to students that this is not 'dobbing session' and names of others are not to be used)
- Think of a time when you were a good friend. What made you a good friend?
- How does it make you feel when you see others who are left out of games or lonely?
- What is empathy and friendship?
empathy (being able to feel 'for' others) and friendship (being able to relate well with others)

Discussion:

One day ^{Lucy's} Madison's teacher found her sitting alone at lunch, looking sad and upset. She could barely bite the peanut butter sandwich that she usually couldn't wait to eat. "What's the matter, ^{Lucy's} Madison?" the teacher asked.

Later that afternoon, Trey was standing alone by the basketball court after school. Trey's mom asked him why he didn't go play with Zack and Steve, who were shooting hoops. He told his mom he just didn't feel like it, so they walked home.

But the truth was, Trey and Lucy were facing the same problem: They both felt left out, and their feelings were hurt.

^{Lucy} Madison was so sad that she didn't want to eat, and Trey was so mad that when he got home he slammed his bedroom door. Kids who were their friends yesterday weren't their friends today. What happened?

What Are Cliques?

Cliques are groups of friends, but not all groups of friends are cliques. The thing that makes a group a clique (say: KLIK) is that they leave some kids out on purpose. Usually one or two popular kids control who gets to be in the clique and who gets left out. Kids may act much differently than they did before they were part of the clique. They may even act differently today from how they were yesterday. It can be really confusing.

Everyone feels left out by friends once in a while. Friends are people just like us — they make mistakes and usually we can forgive them (after all, we make mistakes too!). Sometimes friends fight and make up again.

But sometimes kids form groups that they won't let other kids belong to. A clique is a group of kids who hang out together and won't let others join in. Sometimes kids in the clique are mean to kids they think are on the outside.

For instance, Trey and Steve always played basketball after school. But Zack started pushing Trey out of the group, and now even Steve was saying mean stuff to Trey. Same with Lucy and Allie. They used to have sleepovers all the time, but now Cleo was hosting the sleepovers and she didn't invite Lucy.

Role Play:

What do you do if you feel left out?

- How do approach a group and ask can I play?
- If a group is excluding you how do you tell them you feel left out and you want to play with them? (How you feel and what you want to happen e.g. (I feel lonely because I have no one to play with, can I please join your game?))

What can you do if you see someone being left out?

- What do you say to them?

Review:

- Students to be more observant at lunch. Discuss at Friday's assembly