

NO WORRIES

Be kind to others and be accepted

Materials: Worksheets, worrying experiences templates, pencils, timer

Directions: Read the worksheet, complete the activity and discuss with the Group.

It's normal to worry about not being accepted. When our appearance or situation changes, we can get nervous about what people will think.

Will people still like me? Will people make fun of me? How can I possibly face people not knowing how they'll treat me?

Everyone is different and everyone changes.
Being kind is the best way for others to accept you.

It's important to admit that we sometimes have worries about not being popular or liked. But it's more important to overcome your fears by saying you like yourself — no matter what anybody else thinks!



ACTIVITY INSTRUCTIONS

- 1 Let's read the story, "The first day of class" together.
- 2 On the template below the story, write about an experience when you were worried about something that, looking back, you now think is silly. You can write about an experience that happened to you, to someone else or even make up a story.

You'll have 6 minutes to write. When the timer sounds, we'll share our worrying experiences.

(Set the timer for 6 minutes.)



WORRYING EXPERIENCES

The first day of class

The second my mom’s car door slammed, I knew I was in trouble. Here I was, all alone in front of the school. My heart pounded and my stomach churned. It was the first day of fourth grade. Starting a new school year is always tough, but over the summer, I got braces and glasses.

I worried about all the embarrassing moments in store for me over the next nine months. As I passed the cafeteria, I could almost see chunks of pizza and broccoli stuck to my wire braces. As I passed the gym, I thought about the sports I couldn’t play because of my glasses. I could almost hear Brittany – the most popular girl in school – making wisecracks about me. This was going to be the worst year of my life!

When I arrived at my class, I took a deep breath and walked through the door. I was amazed to see the rest of the kids looking as nervous as I felt. Then, I saw something I couldn’t believe: It was Brittany sitting all by herself at the back of the class... wearing big shiny braces on her teeth!

I walked up to her and asked, “Is this seat taken?”

“Hi, Skye,” she said. “The seat’s all yours – that is if you feel like sitting next to a metal-mouth.”

I could tell Brittany was worried about her braces, because I also know how difficult it can be to look different.

“I think your braces look pretty cool,” I told Brittany with a wide grin. “Besides, you’re not the only metal-mouth around here.”

My worrying experience:

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