

MY NAME

MY MOOD TODAY (CIRCLE)



CREATING A COMMUNITY OF SUPPORT



We all need support. You can help build a community of support wherever you are by recognizing the feelings of others and practicing empathy.

DIRECTIONS: Read the following scenes, and try to see the situation through each character's eyes. Answer the questions that follow on a separate sheet of paper.

Support Scene 1:

Gavin is a student in your class. You invite him to play basketball with you at recess, but he says no. At lunch, you see him sitting on his own, just picking at his food. You know that his younger sister has been in the hospital recently and wonder if that is the reason he is so quiet today.



1. What might Gavin be feeling?
2. How could you help Gavin deal with his feelings?
3. What could you do or say to show support?

Support Scene 2: Bettina is a student in your class. When she got to school today, she seemed quieter than usual. She forgot her homework and had to miss morning recess to make it up. Later, during science time, she accidentally knocked over the tray of sand her group was using. Her group members complained loudly, and she had to clean up the mess. When you asked her a question on your way to lunch, she responded angrily and stomped away.

4. What might Bettina be feeling?
5. How could you help Bettina deal with her feelings?
6. What could you do or say to show support?

Thanks for the Support!

Now, think about a person in your life who has helped and supported you. On a separate sheet of paper, write a letter to express your gratitude (thankfulness) to this person. Make sure to include the following:

- What did this person do?
- How did they make you feel?
- How have they changed your life for the better?



After you write your letter, you can deliver it to the person who supported you.



A Very Important Letter Of Gratitude

Dear _____,

I want to let you know what you do that helps me and supports me:

I also want to let you know how you make me feel and why you make me feel this way:

Finally, I want to let you know how you changed my life for the better:

Thank you!

Sincerely,

