

Name: _____

Date: _____

EVERYDAY SPEECH



Being Left Out

It does not feel good to be left out of a group. This video showed three ways to handle being left out. If we storm out or get angry we could make the situation worse. Think of positive strategies to make yourself feel better instead.

How did Tim feel when he was left out?

What are three things you can do to handle being left out?

How can you make sure to include others around you?

ANSWER EACH QUESTION BELOW

What would you do if you were left out of a group?

1.

What is positive self talk?

2.

Have you ever been left out before? How did it feel?

3.