

Grade Level: 6-8

Name of Skill Dealing With Being Left Out

Objective/s: TLW Understand how to deal with being left out.
Understand coping skills for being left out

Materials: “Dealing With Being Left Out” worksheet, transparencies on coping skills

Procedure

Introduction: Ask the students if they have ever been in a situation where they felt like a loner. Ask the students if they have ever been in a situation where they have felt left out of the group. Accept a few responses.

Skill Steps: Using the overhead transparencies, show just the title of the skill and have students predict and discuss what the steps might be. Then show the four steps.

1. Decide if you have been left out accidentally.
2. Stays calm and monitor your own feelings and behavior.
3. Either find another positive activity to do or find an adult to talk with.
4. Possibly discuss your feelings with those who left you out. Remember to give and accept feedback appropriately.

Discussion: In small groups, have students discuss the following:

1. How does it feel to be left out?
2. What would you do if you thought that you were left out of a group by accident?
3. What would you do if you thought that you were left out of a group on purpose?
4. Who could you talk to on your campus if you felt that you were left out of a situation on purpose?

Practice/Activity: Have students complete the worksheet on “Dealing with being left out” individually. Then have them get into small groups and discuss their answers. After the discussion, have students role-play being left out. They must, in their role-play, tell how they felt being left out, what they could do if they felt left out, and how they would appropriately handle the situation.

Extended Activities: Students will write down coping skills for feeling left out on poster boards and decorate them. Then they will share these coping skills with others around the school in small group session. There will be small group mediation type group set up for students to go to if they feel left out.