

## Kids at Risk Fact Sheet

Created 1999

Early and Middle Years (Con't):

### Self-image and feelings/ Getting Help Classroom Activity :

1. Have students draw an outline around their hand and fingers on a paper. At the tip of each finger, have each student print a name of an adult they trust and could use as a support for help when they are feeling troubled or scared.
2. Brainstorming with the whole class - or in smaller groups, write a list on poster paper of all the feeling words the students can think of. Discuss the meanings of unfamiliar feeling words. Post the feeling words for all to see and encourage the class to use these descriptive words.
3. Have each student choose one of the feeling words and draw a picture of when they were feeling that way. What were they doing? Who were they with? Did they talk to someone they trust about how they were feeling.

Debrief with the students about feelings and discuss that all feelings are ok and normal. **Just because we sometimes may feel bad doesn't mean that we are bad.** Discuss how its helpful to talk to others about our feelings - both bad and good. Help the students develop a wide vocabulary of feeling words.

### **Middle and Senior Years**

*Role play a scenario* of a youth (Sam) coming home with a good report on a project that he worked hard on at school. Dad was home - which was a surprise because he usually joins his friends for drinks in the late afternoon. Sam was excited to show his dad the work that he was very proud of. But before he could show it, Dad growled at him, told him to keep quiet because he wasn't feeling well and went into the bedroom and closed the door. Sam could smell alcohol and knew enough to leave him alone. Just then, Sam's mom came home and Sam thought that at least he could show her. However, she breezed by him into the bedroom and the fight was on - again! Sam automatically knew he would be making supper for himself - again! He felt like going out and smoking a joint.

Teacher: After the role play, have the class break into groups of 4 or 5 and direct them to have a brief *discussion* on each question and then come up with and record a group answer to the following questions: - There are no right or wrong answers but there are suggested responses in brackets.

1. **What might the reasons be for Dad not feeling well?** (Hung over, guilty, embarrassed, mad, etc.)
2. **Why would Sam's mom and dad be having another fight?** (Family ritual, dependency issues, family violence, etc)
3. **Why did Sam often eat alone?** (Father is often out drinking, mother is probably out rescuing him, driving to avoid impaired charges etc.)