

## DISCUSSION GUIDE

This discussion guide is provided for parents, teachers, and counselors to stimulate discussions on feelings and emotions and talk further about conflict resolution. The first section includes discussion questions; the next section uses sentence stems for eliciting responses. Your child may prefer one format over the other, so both are supplied. You can read or have your child read each item and allow time for their response and additional discussion.

1. How did Adeline feel when the two girls ignored her? Do you ever feel that way? What do you do when that happens?
2. Adeline had fears related to moving to a new gym. What was she afraid of? What helped her overcome those fears? Have you ever moved to a new place? What were you afraid of? What did you do to feel better?
3. Adeline felt nervous at times. What made her feel that way? Do you ever have jitters? What does that feel like? What has helped you in those situations?
4. Do you think Adeline was brave when she confronted Harper? When you feel afraid, what do you try to do? What helps you feel brave? Was Harper a bully? Why or why not?

5. Harper displayed what is known as *displaced anger*. She is angry because her parents are getting divorced. Her anger doesn't have anything to do with her friends. Yet, she treated them poorly. Discuss.
6. Keeley lost her confidence with her kip, but she did not give up. How did she get it back? If you lost your confidence, what would you do?
7. Harper's attitude caused Adeline to think Harper did not like her. Have you ever felt this way? Or if others have picked on you, did you think something was wrong with you? When Adeline heard about Harper's home troubles, she realized Harper's behavior had nothing to do with her and that Harper was reacting to her home situation. Discuss.
8. People from various countries speak different languages and when English is their second language, they may speak words with an accent. Do you know anyone who has an accent? Did you have trouble understanding Coach Les like Adeline did? She had to focus and concentrate on his words when he spoke. Maybe you had to concentrate when you read his statements. How do you think another person feels when they look, sound, or act different? What would you do to include them and help them feel accepted? How would you encourage others to treat them fairly and respectfully?

#### SENTENCE COMPLETION

1. If two girls ignored me the way they did Adeline, I would feel \_\_\_\_\_.  
When that happens, I \_\_\_\_\_.

2. Change can be challenging, but it can also be exciting. If I moved to a new place, I would be afraid that \_\_\_\_\_ . Even though I might be scared, I would try to \_\_\_\_\_ .
  
3. When I am nervous, I feel \_\_\_\_\_ . Each time I have the jitters, it helps me shake them off when I \_\_\_\_\_ .
  
4. I feel afraid when \_\_\_\_\_ .  
When I feel scared, I try to \_\_\_\_\_ .  
What helps me feel brave is \_\_\_\_\_ .
  
5. An example of displaced anger is when someone can't direct their anger toward the person who has stirred up those feelings and takes their anger out on a person or thing that poses less risk. I have shown this type of anger when I was mad at \_\_\_\_\_ , but took it out on \_\_\_\_\_ .
  
6. If I lost my confidence, I would try to \_\_\_\_\_ .
  
7. When someone is mean to me, I feel \_\_\_\_\_ . I know their behavior has nothing to do with me and belongs to them. Something else may be causing their unhappiness. The next time someone picks on me, I will \_\_\_\_\_ .
  
8. People who look, sound, or act different may feel \_\_\_\_\_ .

To help them feel accepted and included, I can \_\_\_\_\_.

I will encourage others to treat them fairly and respectfully by \_\_\_\_\_.