



“Sometimes I notice other people playing, talking, or laughing together.”



“When I’m not included, I might feel sad, lonely, or confused.”



“Feeling left out is a real feeling, and it’s okay to have it.”



“Many people feel this way sometimes—even grown-ups.”



“When I feel left out, I can take a slow, deep breath.”



“I can remind myself that my feelings are important.”



“I can walk over and ask kindly, ‘Can I play too?’”



“Sometimes people say yes, and I get to join in.”



“If they say no, it doesn’t mean something is wrong with me.”



“It might just mean the game already started or they didn’t notice me.”



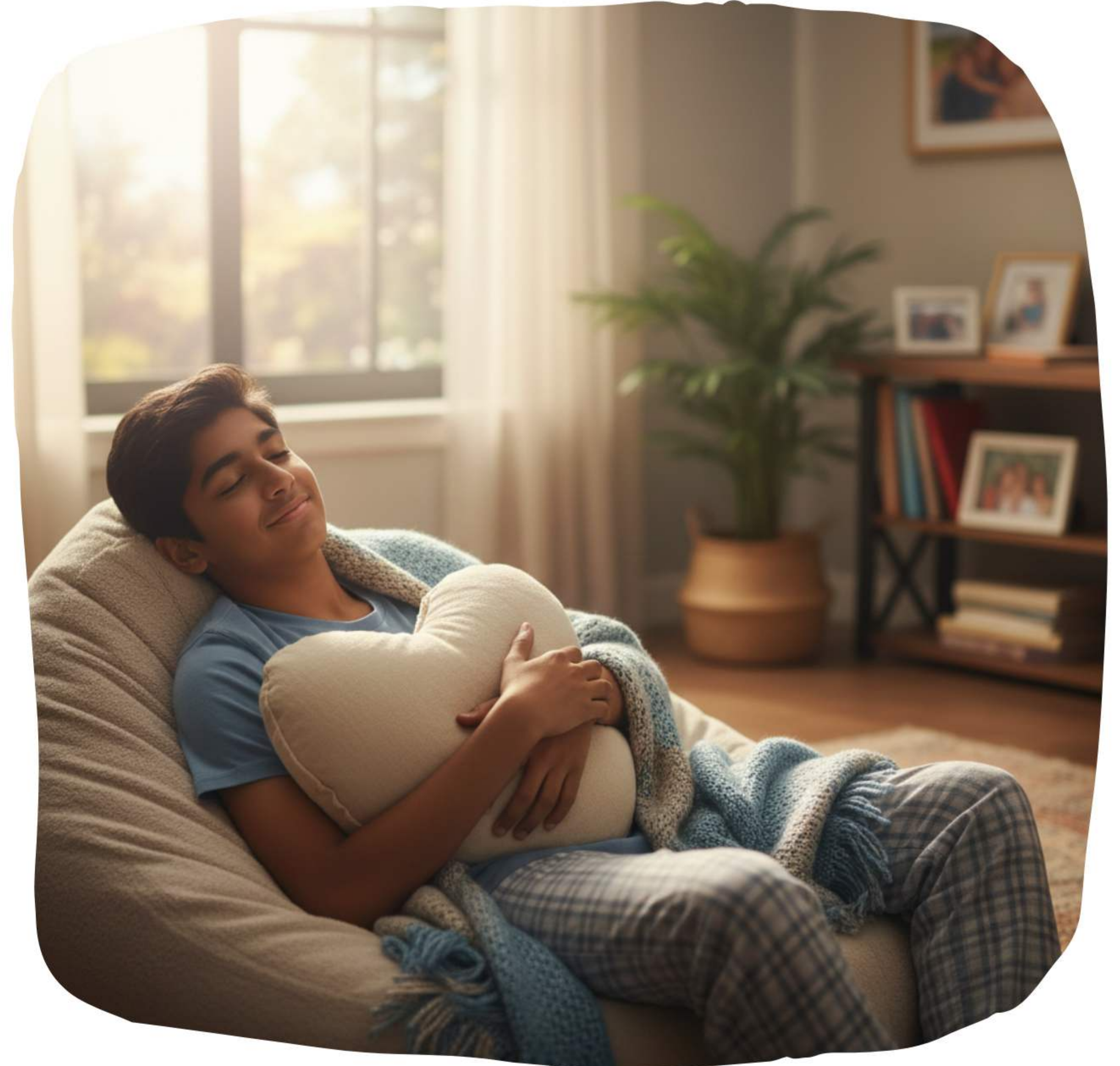
“I can look around and find something else I enjoy doing.”



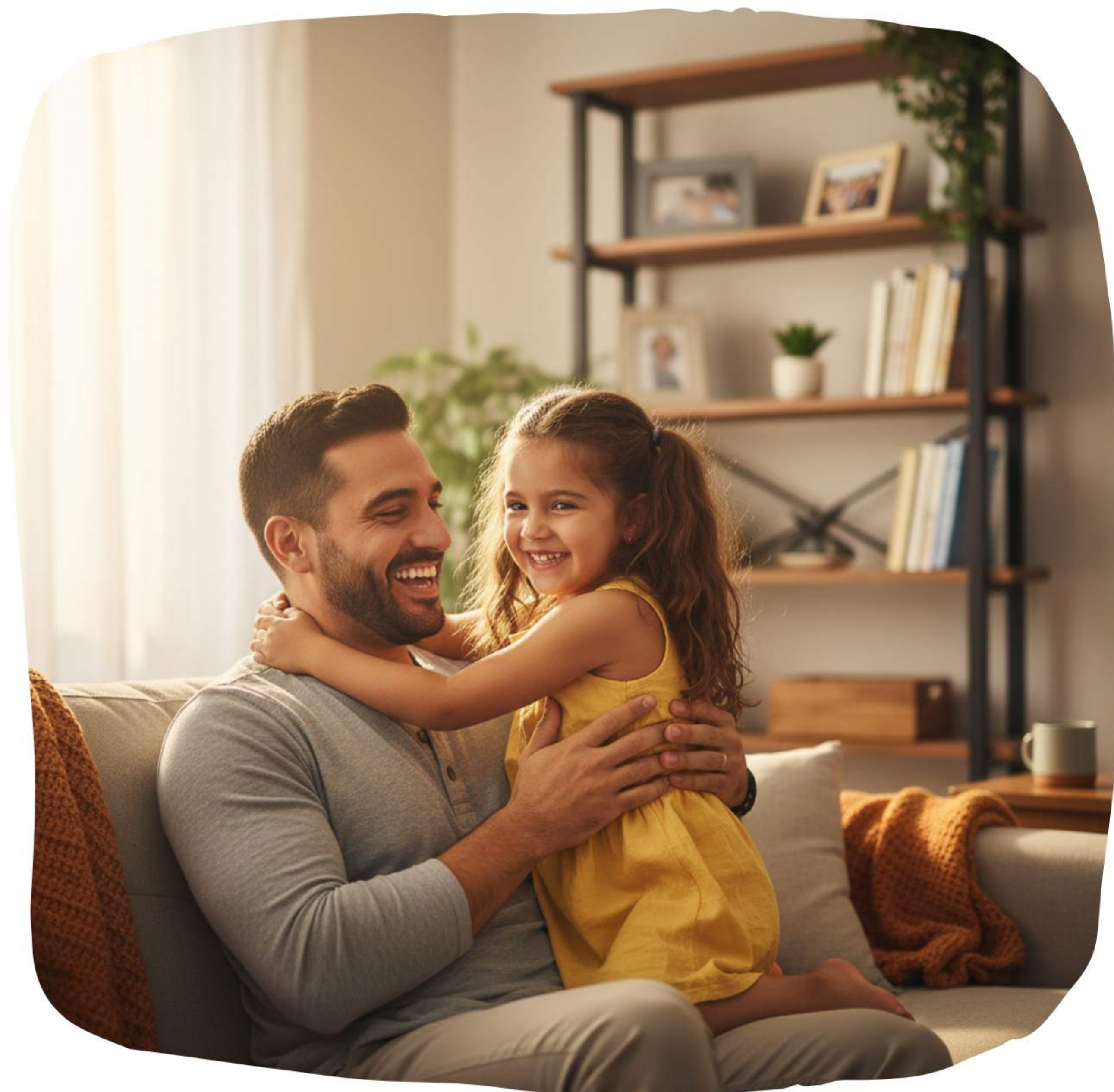
“I can ask another friend if they want to play with me.”



“I can also talk to a trusted adult if I need support.”



“When I take care of my feelings, I start to feel better.”



“There are many people who like spending time with me.”



“Even when I feel left out, I can find my way back to feeling okay.”



Vocabulary

- Included

A: Being part of a group or activity. (Correct)

B: Staying completely alone.

- Lonely

A: Feeling sad because I'm by myself. (Correct)

B: Feeling excited and jumpy.

- Support

A: Help or comfort from someone I trust. (Correct)

B: Doing everything by myself always.

- Notice

A: To see or become aware of something. (Correct)

B: To ignore what's happening around me.

- Feelings

A: Emotions I experience inside. (Correct)

B: Toys I play with.



Spellings

A: Frend

B: Friend (Correct)

A: Plea

B: Play (Correct)

A: Feel (Correct)

B: Feal

A: Sad (Correct)

B: Saad

A: Tolk

B: Talk (Correct)



Comprehension

- What is something I can do when I feel left out?
A: Take a deep breath and calm myself. (Correct)
B: Think no one likes me.

- What can I say if I want to join a group?
A: “Can I play too?” (Correct)
B: “You must let me play!”

- If someone says no, what does it mean?
A: It doesn’t mean anything is wrong with me. (Correct)
B: It means I should never try again.
- Who can I talk to if I need help?
A: A trusted adult. (Correct)
B: No one at all.

- What else can I do if one group doesn’t include me?
A: Find another activity or friend. (Correct)
B: Sit alone and feel upset.



Open-Ended Questions

- When have you felt left out before, and how did it make you feel?

- What can you say or do to join others kindly?

- Who are some people that make you feel included?

- What helps you feel better when you feel lonely?

Role-Play Activity

- **Scenario 1**

A group is already playing a game. → Practice walking over and saying, “Can I play too?”

- **Scenario 2**

Someone says the game is full. → Practice taking a breath and choosing something else to do.

- **Scenario 3**

You can’t find someone to play with. → Practice asking a trusted adult for support.

- **Scenario 4**

A friend asks you to join later. → Practice saying, “Okay, I’ll do something else till then.”