

SCOUTS YLT

How do I Feel?

The Adventure:

Pair up with a friend. Tell your partner about a time that you did not agree with another person. Maybe your mom or dad wanted you to help with the dishes, but you wanted to play outside. Maybe your brother or sister would not let you watch the show you wanted to watch.

Now pretend that you are your mom or your dad, or your brother or sister. Imagine that your partner is you. In the role of the other person, talk to yourself. Say how you feel. Start every sentence with the word "I" so that you really think about what it is like to be in the other person's place.

Safety Note:

Only share a story that you do not mind telling your friend.

Online Resources:

I Statements ([youtube.com/watch?v=vWTsH7rBffI](https://www.youtube.com/watch?v=vWTsH7rBffI))



MALAK'S MAPLE

Leadership: Problem Solving



Plan:

- What story will you tell?
- How long ago did it happen?
- How do you think the other person felt?
- Why did the other person not agree with you?

Do:

- Pretend you are the other person in your story. Talk about how you feel.
- Remember to use sentences that begin with the word "I".

Review:

- What do you know now that you did not know before?
- How did it feel to pretend to be the other person?
- What do you imagine the other person was thinking?
- What can you do the next time you do not agree with a friend or family member?