



Feeling Left Out

A children's Lesson

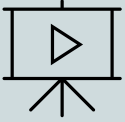
Created by Rachel Marie, B.Ed.

Learning and Behavior Consultant

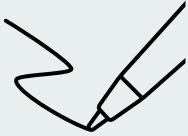
Downloadable at:

Heartandhomeconsulting.com

Agenda



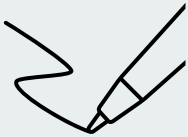
Cute video



Draw and share: When did you feel left out



What can we do?



Add to your drawing



Review: What did we learn today



What can we support you with today?



Today's video:

An old stray cat

finally finds
a home

youtube.com/watch?v=ShHDj0q-S1o

When was a time you felt lonely or left out?

What happened?

What do you wish happened?

Draw and Share

Sometimes people may exclude us on purpose



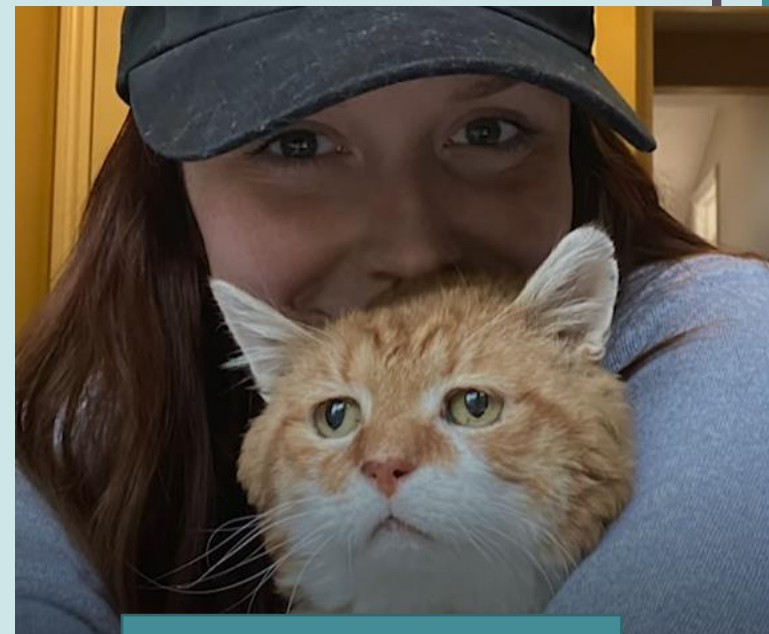
But many times they don't know we want to play too



Bubby started as
an outdoor cat



Who decided he
wanted a
family



And let them
know he wanted
to be with them

Next time you feel left out, you can:



Start a new game
With someone else

Go do
something
you like



On the back of your page: draw what you want to try next time



What we learned today!

Most of us have felt left out and wanted someone to invite us to play

Many times other kids don't know we want to play too

Next time we can ask to join, or go do something else we like doing

We can also start a new game with someone else, because they might be lonely and want to play too!

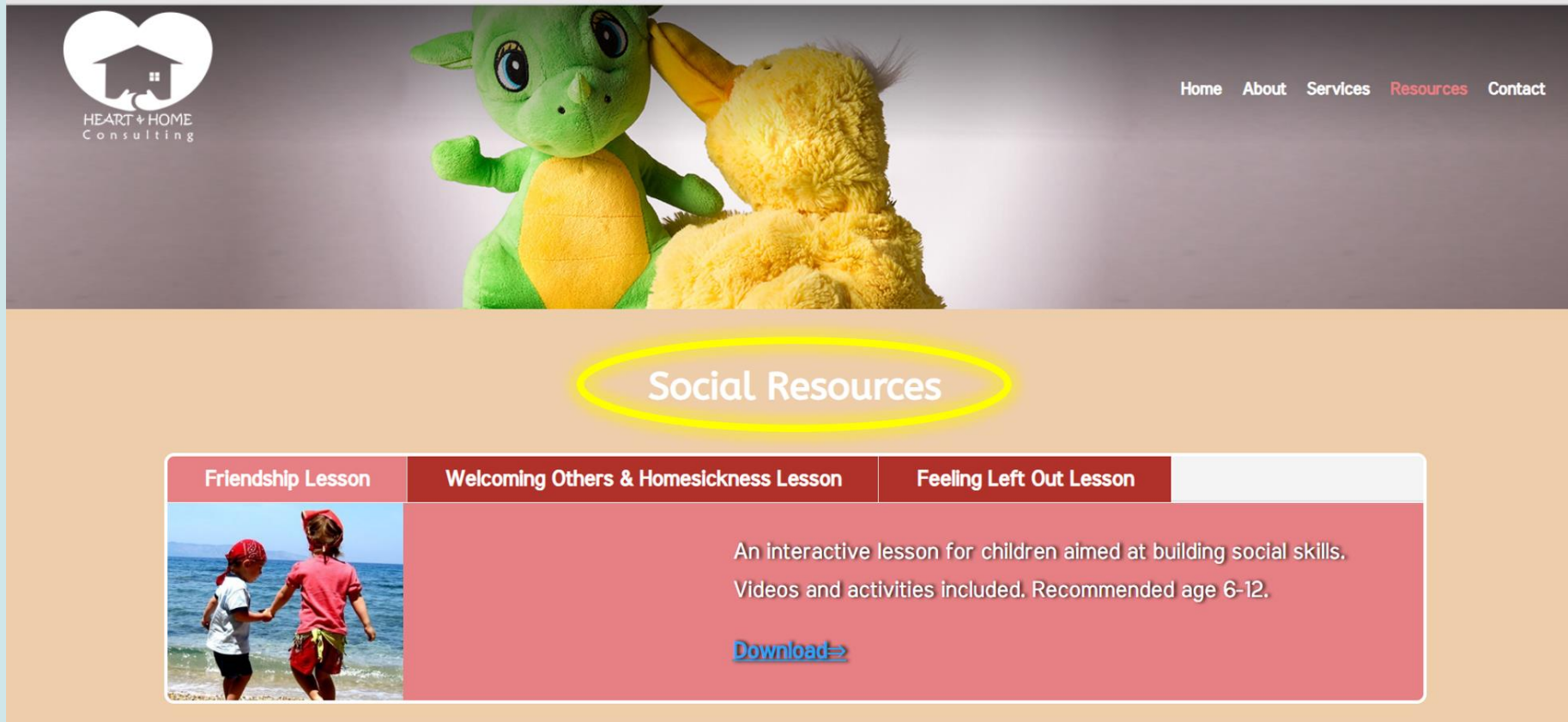




What can we support you with today?

- Bullying?
- Sickness?
- Trouble with a friend?
- A family member?
- Something happening in the world?
- _____ ?


More lessons like this on our resource page
heartandhomeconsulting.com/resources/



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Social Resources

Friendship Lesson	Welcoming Others & Homesickness Lesson	Feeling Left Out Lesson
	An interactive lesson for children aimed at building social skills. Videos and activities included. Recommended age 6-12. Download⇒	