

# Lesson 125

**Purpose:** To encourage students to improve their sense of social and emotional well-being.

**Materials Needed** Pencils

**Materials Provided** *Positive Action Envelopes; Positive Action Journals*

## Procedure

**Teacher** Read the following story, and then elicit discussion with the questions that follow.

### ARNOLD

Arnold has problems with his nerves. He's afraid of elevators because he thinks they might bonk against the top of buildings. And the sun terrifies him. "Why do they even keep such a dangerous thing out there?" he says.

Arnold is also shy. He once went to a house of mirrors and had to leave because the crowd bothered him. And he hates the way his shadow follows him around all the time (that's another problem with that stupid sun).

I'm afraid he's not very confident. He answers the phone by saying, "Hello, this is Arnold, but I'm sure you don't want to talk to me." And every time his parents go somewhere he says, "Well, that's probably the last I'll see of them." He's afraid to play "fetch" with his dog; he says, "What if Fido doesn't recognize me when he gets back?"

But don't worry about Arnold. He's decided to improve his self-image. He's going to buy a mask.

### DISCUSSION QUESTIONS

- Do you find that you have fears and worries that make you uncomfortable at times? What are some of these?
- Such feelings, of course, are not funny, but sometimes we need to learn to laugh at our own worries. Can you tell about fears you have had that turned out not to be worth fussing about?
- What are some **social and emotional positive actions** that can help a person feel more confident and happy?

**Say** In your *Positive Action Journals*, write down some possible actions you could take to improve yourself socially and emotionally and make you feel better about yourself. For now, think of everything you could possibly do. In the next lesson, you will be asked to set some positive short- and long-term goals for social self-improvement and emotional self-improvement.

