

Your friend comes to tell you [choose a prompt from below]. It's clear that they are feeling pretty down about it.

Guidelines:

- Use positive talk that is helpful, compassionate, true, and useful.
- Try not talk about yourself or your own experiences.
- If you can't think of something compassionate and helpful to say, what else could you do to let them know you hear them and are a friend?

Prompts	Body Sensations Your Friend Might Be Feeling	Positive Talk You Might Use <i>(If you can't think of something compassionate and helpful to say, what else could you do to let them know you hear them and are a friend?)</i>	Tone & Body Language You Might Use
1. "Running on the field during recess, I tripped on my shoelaces and fell, ripping the knees in my new jeans. I'm so stupid."			
2. "I found out I wasn't chosen for the basketball team for this season. I'm never going to make it onto a team."			
3. "Ms. Duff asked me to pass out graded homework to the class, and I dropped the stack of papers on the floor in the front of the room. When I bent over to pick them up, everybody laughed at me."			
4. "I worked on my essay for four hours and thought it was perfect. But my teacher corrected my mistakes and said I have to revise it and resubmit tomorrow. Why is it so much harder for me to write than for everyone else?"			
5. "In the cafeteria, my tray full of food slipped out of my hands and spilled all over the floor and my shoes. I'm such a clumsy idiot."			