Name _____

Feeling Left Out? Here's What You Can Do!

Short Answer

1. Why is it important to recognize and acknowledge your feelings of exclusion?

2. Explain the significance of using "I" statements when discussing your feelings of exclusion with your friends.

3. How can finding common interests with your friends help reduce feelings of exclusion?

4. Provide an example of a self-care activity that can help you when you're feeling left out.

5. When might seeking support from a trusted adult be a helpful step in addressing feelings of exclusion?

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