

Name _____

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

Short Answer Key

1. Recognizing and acknowledging your feelings of exclusion is important because it validates your emotions and allows you to address them constructively.
2. Using "I" statements is significant because it helps you express your feelings without blaming your friends, making the conversation more open and less confrontational.
3. Finding common interests with your friends can help reduce feelings of exclusion by providing shared activities that strengthen your bond and make you feel more included.
4. (Example) Engaging in a self-care activity like painting, playing a musical instrument, or going for a nature walk can help improve your mood and confidence when feeling left out.
5. Seeking support from a trusted adult may be helpful if your efforts to address feelings of exclusion with your friends have not been successful and you continue to struggle with these emotions.

