

Name: _____

Select a scenario from below and prepare a dramatization to show what you could say to help this person.

Remember:

- Avoid statements that start with “At least you ...” or “It could be worse”
- Don’t try to make it better.
- Try not to judge their situation.
- Try to see it from their perspective.
- Recognize and validate their emotions.
- Listen actively, acknowledge their pain, and let them know you care.

Supreet seemed very sad. She wasn’t her usual bubbly self and she was dragging her feet with her head down as she walked in the hall. Her best friend, Sarah, had heard that Supreet’s parents were getting a divorce. Sarah decided it was time to talk.

Abraham loved his dog, Dude. In fact, Dude went everywhere with him, and all the guys sort of accepted him as their mascot. Sadly, Dude had to be put to sleep recently, and Abraham was devastated. He ran into the washroom and stayed there for a long time. When he finally came out, one of his good friends, Shane, went to talk to him.

Anna had always earned the top marks in math class. When tests came back, the teacher always said something about Anna and her A. However, the last few times, Anna didn’t get an A or even a B. She seemed to walk around in a daze and she just wasn’t herself. Her friends felt that something was wrong and it was time to find out what.

The boys had heard that Marek’s dad was in the hospital. In fact, Marek had not been at school for several days. When he finally returned, he seemed to keep his head down, he didn’t smile, and he hardly even touched his lunch. They wanted to help him out, but they weren’t sure what they could say.