

BAD DAY



Name:

Date:

Sometimes we just have one of those days where everything seems to go wrong and nothing can go right. On these days, we lean on our friends and family for support and to make us feel better. In this video, Sarah is having a bad day and hoping to be supported by her two friends. Let's review what went right and what went wrong.

Sarah is having a tough day and looking for support from her friends. Did her friends support her? If yes, how? If no, what went wrong?

What could have Sarah's friends said and/or done instead?

Think about when you are having a tough day and looking for support from your friends/family and what helps you. Now, list three ways you could help your friend who is having a bad day. (Keep in mind – you must have a big heart and social mind).

1.

2.

3.