

TOOL #3C- MENTAL SPARRING

A Bag of Manners!

- ✓ Take the following statements — each of them, an expressed fear — and cut them into strips. Add your own, if you like!
- ✓ Put these strips of paper into a paper bag, and shake them up. Ask each child to dig into the bag and select one strip, and then finish the state-ment. (If you're working with a small group, have them select one at a time, and repeat as many times as you like.) Make this fun! But instructive too!

When I'm afraid I'll make a mistake, I usually...

When I'm scared of getting a bad grade, what I do is....

If I'm afraid people won't like me, I tend to....

I'm afraid of nothing, which is probably why I act....

I'm afraid of everything, which is probably why I act....

When I'm scared of people I don't know, my manners tend to....

Sometimes, I'm afraid I have nothing to say. That's when my manners....

I'm afraid people aren't interested in what I have to say. So, when I'm at party, I usually....

When I'm afraid of losing, the manners I tend to use are....

When I'm winning, I tend to act....

- ✓ Congratulate children on their honesty and willingness to learn about how their actions and reactions often arise from fears they have.