**Relationships**

**Lesson 5**

**Objectives**

IAL some things to do when I feel embarrassed that will not make things worse.

***Embarrassing Moments***

What can you or other people do when you feel embarrassed? What helps?

What makes it worse:

* + at the time (while you are feeling the physical effects of embarrassment)?
	+ later on, when you are more able to problem-solve?

They can describe or act out strategies that help. For example, at the time:

* + someone noticing your situation and distracting others by doing something that takes the spotlight off you;
	+ shrugging your shoulders and laughing (at yourself);
	+ thinking ‘well, everyone gets embarrassed about something’;
	+ deep breathing;
	+ smiling;
	+ ignoring it, and walking away;
	+ saying something funny back;
	+ acknowledging that you feel embarrassed.

And later on, using the problem-solving process, examples of strategies might be to:

* + ask someone not to do or say something as you find it embarrassing (when it is not done intentionally);
	+ when you are embarrassed because you have let yourself or others down,
	+ admit that what you have done is wrong, apologise, and make amends.

**TASK**

Draw a cartoon strip of an embarrassing things that has happened to you, and annotate it to show what you could have done to lessen the feeling of embarrassment.

**Outcomes**

Children will consider ways in which they can cope with feelings of embarrassment.

**Notes**

Powerpoint

Resource sheet 5 –Cartoon strip