

Build a Friend





How Would this Make you Feel?

BRRRRING! It's lunchtime-finally! You run downstairs to the lunchroom.

"What's for lunch?" you call out to Atara, who is already at the table.

"Hot dogs and fries-your favorite!" she responds with a grin.

You skip to the table, take a plate, and fill it up. You run to wash your hands and sit down next to Atara. With gusto, you bite into the hot dog, and-Uh-oh.

Ketchup squirts out of the bun, down your chin and onto your uniform shirt. You quickly try to wipe it off, but the more you wipe, the more it spreads.

You are mortified.

"Hey, Rena!" you hear from across the table. "Did you catch a case of ketchup-itis?"

A bunch of girls at the table giggle.

How would you feel in this situation?

- I would find it funny.
- I wouldn't care.
- I would feel insulted.
- I would feel embarrassed.
- I would feel angry.
- I would feel _____.



How Would this Make you Feel?

"Thank you for all your hard work preparing for yom tov," your mother says to you appreciatively. "Now how would you like to go out and buy a new outfit?"

"Thanks, Mommy!" you answer, beaming. After trying on about twenty different tops and skirts and sweaters and dresses, you put on outfit-number-twenty-one and look at yourself in the dressing room mirror. It's perfect.

"That looks cute on you," your mother tells you. You buy it.

On the first day of yom tov, you take your crisp new dress off the hanger and carefully put it on. You feel great.

That afternoon, Shoshie comes over to visit.

"How do you like my new dress?" you ask Shoshie, as she plops onto the couch next to you.

"It's a cute color," she responds, "But it is so last year's style."

How would you feel in this situation?

- I would appreciate her honesty.
- I would find it funny.
- I wouldn't care.
- I would feel insulted.
- I would feel embarrassed.
- I would feel angry.
- I would feel _____.

How Would this Make you Feel?

It's 10:00 PM, and you are still hard at work. Your book report is due tomorrow, and you still have half a page to type, and the cover is not yet done. You are working as quickly as you can, because you are using your sister's laptop and she needs it at 10:30 to work on her global report. You type so fast that your fingers start to hurt.

You stop for a moment to take a drink. Your fingers feel a little shaky. When you put down the almost-empty cup, it looks a bit wobbly, and before you can reach out to catch it, it spills all over your sister's laptop!

You let out a little shriek.

Your sister comes running out of her bedroom. She looks at the laptop. She looks at you.

"I knew I couldn't trust you," she mutters, as she picks up the laptop and walks away.

How would you feel in this situation?

- I would find it funny.
- I wouldn't care.
- I would feel insulted.
- I would feel embarrassed.
- I would feel angry.
- I would feel _____.



How Would this Make you Feel?

You are carrying a stack of plates to the supper table.

"Aren't you holding a bit more than you can carry?" your sister asks.

"I'm fine," you answer. "Don't worry, I can do it."

You are almost at the table...

CRASH! You slip on a fidget spinner that your little brother left on the floor, and the plates clang to the floor with you. You look next to you. Two of the plates cracked. You turn beet red. You stand up, brush yourself off, and bend down to pick up the shards.

"I told you so!" your sister says knowingly.

"Why did you take so many plates in at once?"

How would you feel in this situation?

- I would appreciate her honesty.
- I would find it funny.
- I wouldn't care.
- I would feel insulted.
- I would feel embarrassed.
- I would feel angry.
- I would feel _____.

How Would this Make you Feel?

You are sitting at your dining room table, with your math workbook opened in front of you. You are doing homework. Supposedly. In reality, you are looking at the page which your teacher has assigned and are wondering what in the world it all means. The numbers and words are making you feel a bit dizzy. You wish you could just do your homework. But it's really hard. The front door bangs opened and shut, and your brother zips through the living room and into the dining room on his rollerblades. Before your mother can even call out, "No rollerblading in the house!" your brother takes one look at you and says, "There goes Toby, waiting for the answers to fall from the ceiling, as usual!"

How would you feel in this situation?

- I would find it funny.
- I wouldn't care.
- I would feel insulted.
- I would feel embarrassed.
- I would feel angry.
- I would feel _____.



