

Settle & Do

Fill in the gaps in the following passages using the word bank below.

Shame is a feeling everyone _____ sometimes. It can happen when we think we have done something wrong or when we feel _____ by others. Feeling shame does _____ mean we are bad. It is just our emotions telling us that something matters.

People might feel shame when they make a _____ or when they think they are different from others. It can happen in school, online, or in social situations. Everyone experiences these feelings at some point, and it is completely _____.

When we feel shame, it is important to _____ and take care of ourselves. We can _____ to someone we trust, _____ our feelings, and remember that it is normal. We can also think about what happened and what we can _____ from it.

Word Bank: *not, mistake, name, pause, experiences, talk, normal, judged, learn*

Reflection

Take a few minutes to think about today's lesson.

Answer the questions below - there are no right or wrong answers, just your honest thoughts.

1. Write down your own definition of shame and explain why we experience it.

2. What could be a positive way to respond when we experience feelings of shame or embarrassment?

| Option A | Option B | Option C |
|---|--|---|
| What do you see differently now about shame and how it can impact people? | What did you notice about your reactions to Alex's experiences and the future you imagined for them? | What changed today in your thinking about how to support someone who experiences feelings of shame? |

[illegible]