

Powerful You!

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Powerful You Role-Playing Cards

Directions: After reading each A-Z Powerful You story, allow children to hold a Powerful You Card to role-play the following situations (or come up with your own.) **Add drama by using movie clap board. "Lights - Camera - Action!"**

Adjusting Anna -

- A friend is sad because her parents told her they are moving to a new state and school. What can you say to help her adjust?

Belonging Ben -

- A family member does not contribute during clean up time. What can you say or do to encourage everyone to help while having fun?

Changing Charlie -

- A friend wants to get healthy. Use the Keep, Start, Stop Chart from Powerful You to help her discover and change unhealthy habits.

Direct Dalia -

- A group of girls are talking bad about a friend. What can you say to change the subject?
- A classmate borrows your pencil daily and returns it broken. How can you solve this problem like a monster (angry)? How would you solve it like mouse (passive or quiet)? Now solve it by being kind and direct.

Encouraging Eddie -

- At recess a student sits out because he thinks others will laugh at him when he is up to bat. What can you say to encourage him to play?
- A little boy gave up because he could not go across the monkey bars. What can you say to him to cheer him on?

Faking It Fran -

- A friend thinks others do not like her. Can you teach her to fake it until she becomes it? Teach her how to walk and stand tall.

Grateful Gretta -

- You are hungry, but your family meal is something you don't like. What can you do or say?
- You received a birthday gift from someone, but you already have the same thing at home. What do you say?
- Your parents have been working late hours and your house is very messy. What can you do or say to show gratitude for your tired parents?
- You are outside on a beautiful day. You don't have any friends to play with and feel lonely. Instead of grumbling, what could you say or do?

Home Organizer Hal -

- You notice your brother has a messy desk, disorganized backpack, and cluttered bedroom. How can you help him get organized?
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Inspiring Izzie -

- A classmate feels sad because she doesn't fit in. How can you inspire her to find her passion?
- Your neighbors won't let you in their club. What can you do?

Prejudged Jamal -

- Classmates won't let a boy play because he looks different from others. What could you do?

Kind Karen -

- Your friend lost his lunch box at school. What can you do? Your mom is sick and doesn't feel like cooking. How can you show kindness?

Listening Lucy -

- A friend is telling you about her weekend. Interrupt her to talk about yourself. Now, can you practice listening without responding for 1 minute?

Mannerly Mike -

- Your parents have friends over that you are meeting for the first time. Practice eye contact and greeting them.
- Give a friendly welcome to your parents when they come home from work.
- Compliment a friend and use their first name.
- Step aside and allow someone to go ahead of you .

Noticing Naima -

- Your friend is nervous to take a huge test in math. Her hands are sweaty and her stomach hurts. What can you do or say to help?

Optimistic Oreda -

- It is cold and rainy outside and you are not able to go swimming. What might a negative (pessimistic) person say? What might a positive (optimistic) person say?

Pausing Pablo -

- You get really mad because a classmate made fun of your new shoes in front of others. Your face becomes red hot, and you want to push the classmate. What three things can you remember to do? (pause, relax, and breathe.)

Quieting Quin -

- How can you teach a friend to calm down when they are upset?

Reporting Roxy -

- A classmate is kicking you under your desk. You have asked them to stop several times and they keep kicking you. Role Play your next step.

Stand Up Stella -

- You hear others laughing and calling a classmate names. What can you do or say to stand up for this classmate?

Tenacious Tim -

- Two girls are fighting in class because one thinks the other is being mean. Use KEEP, START, STOP to help the two classmates solve this problem.

Unmovable Uriel -

- A friend wants you to swim across the rapid river by yourself.
- A friend wants you to take money from your parents. What would you do or say?

Valuing Van -

- A classmate does not feel school is important. Can you help this classmate set goals for their future?

Wondrous Will -

- A friend's cat just died. What can you do or say to help her?

Extra Effort Xaiden -

- A friend never studies for tests, but gets sad when he fails. What can you do or say to help this friend?

Yessing Yula -

- A friend does not want to come to school on field day, because she is afraid of running in front of others. Can you encourage this friend to face her fears?

Zoned In Zeb -

- A classmate likes to be silly when the teacher is talking. What can you do or say to stay focused.