

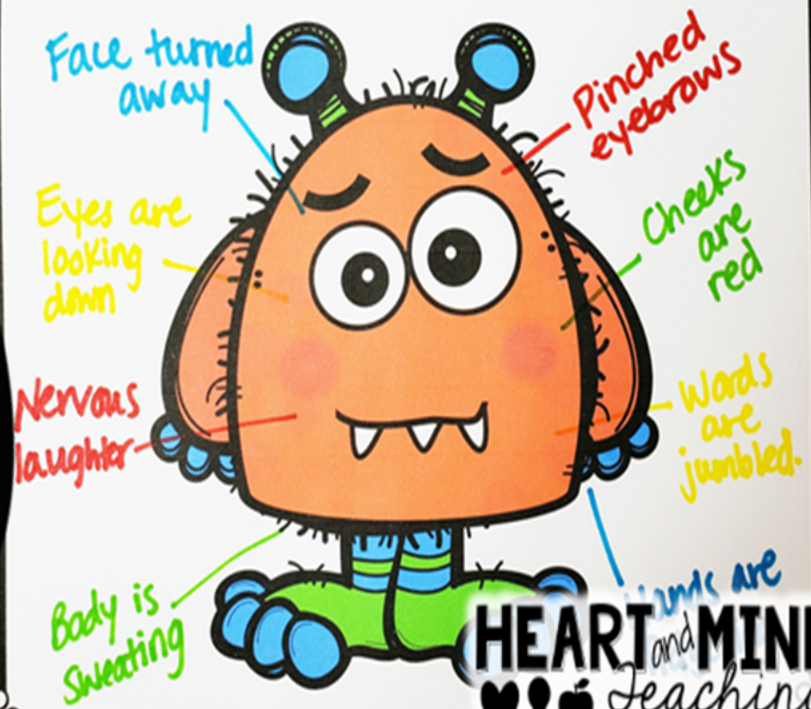
My EMBARRASSED



My Embarrassed



What happens to your body when you are embarrassed?



MY EMBARRASSED MONSTER



Session Objective:

- *Students will identify how their body feels and looks when embarrassed.
- *Students will recognize different actions that make them embarrassed.

Materials:

- *Pencils
- *Crayons
- *My Embarrassed Monster handouts

Guiding Questions:

- *How do we look when we are embarrassed?
- *What are some things that make us feel embarrassed?

Session Details (about 30 minutes)

*My Embarrassed Monster activity: "Everyone expresses their emotions differently, some people when embarrassed get sweaty, some start fidgeting, some get red on their cheeks (blushing), some cover their face. It's important to identify how we look when embarrassed so we know when it is happening, and can then do things to feel better and move on past the emotion." Pass out the embarrassed monster handout. Show them the example of the one that is completed. "This is your embarrassed monster, describe how you look or act when embarrassed then share with the group. You will notice some of us express our embarrassment in the same way." Pass out the color my monster handouts. "Now that we know how we look when embarrassed, let's find out what we find embarrassing and what we don't, color in the monster based on the color code and then we will discuss who has similar things that make them embarrassed." Once everyone has completed their pages, go through each one and discuss why they put not embarrassed, a little embarrassed or very embarrassed. Next, give them the last two pages to complete about people and places that make them embarrassed. "It's important to also determine what others do to bring out our embarrassment and locations that cause concerns to us."

ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M I)
- *Behavior: Social Skills: Use effective oral and written communication skills and listening skills (B-SS I)

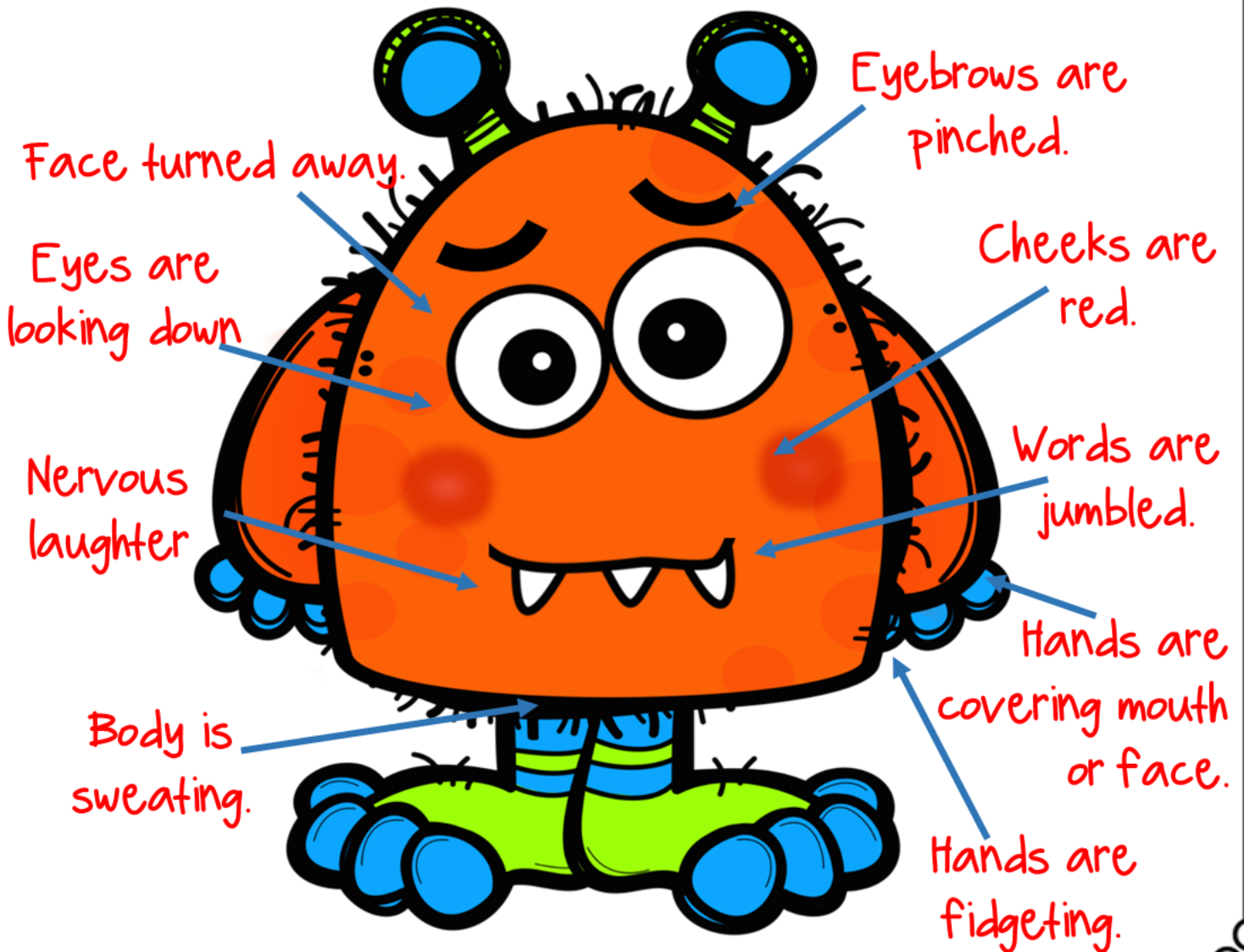
SEL Competencies:

- *Self-awareness: identifying emotions, accurate self-perception.
- *Responsible decision-making: identifying problems

My Embarrassed



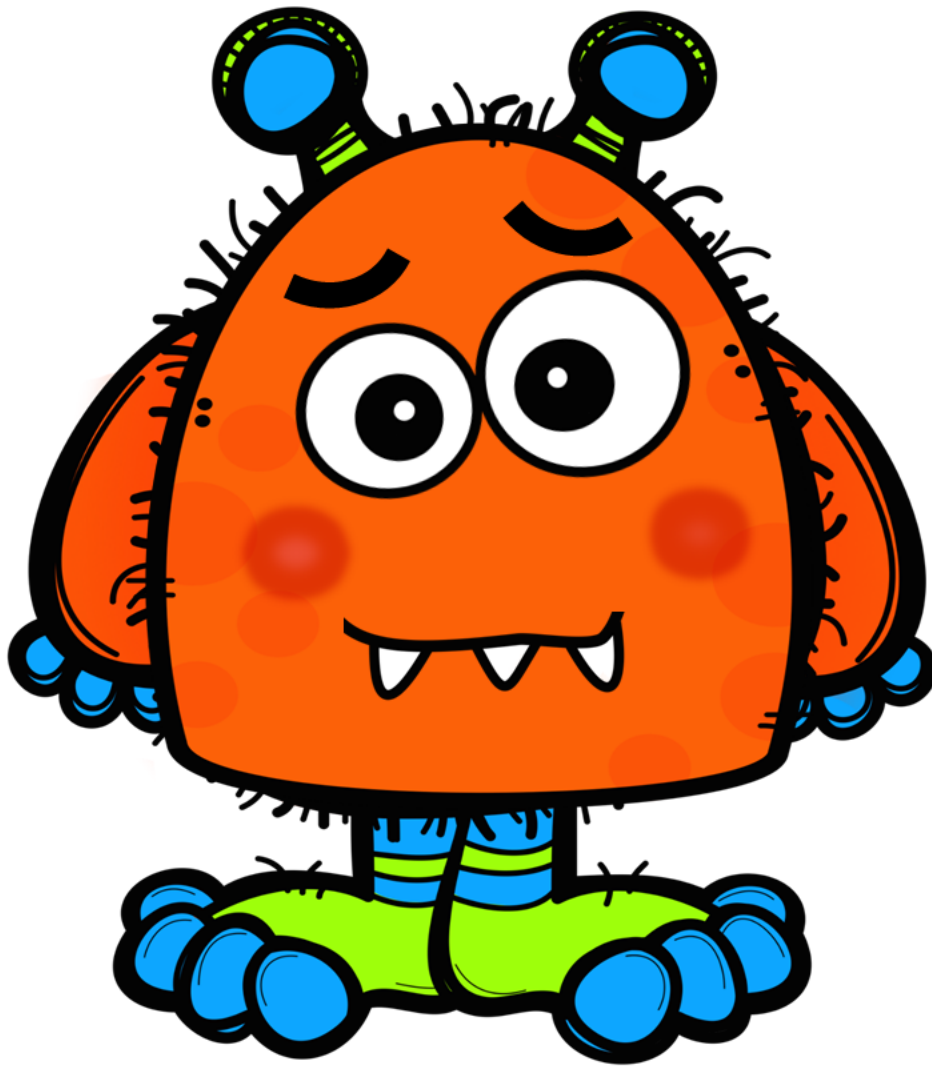
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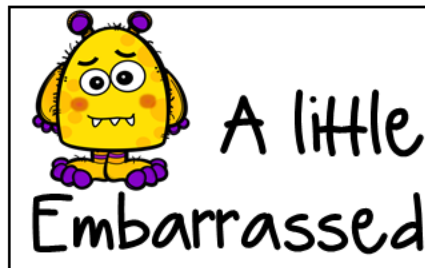
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Color your Embarrassed Monster



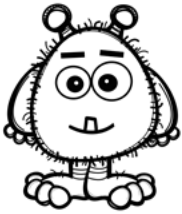
Color the monsters using the color code above, based on how you would feel to each given situation.



I make a loud noise and everyone looks at me.



I did not do well on a test.



The teacher asks me to present in front of the class.



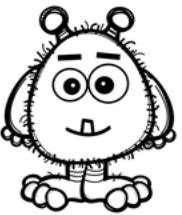
I spill milk all over my shirt.



I don't have the supplies I need for class today.



Someone looks at me while whispering to someone else.

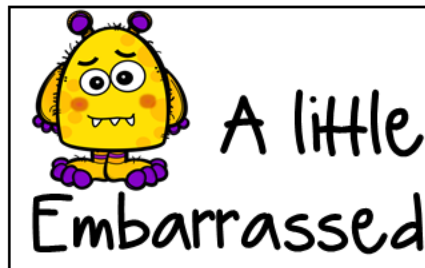


I forget to do my homework.



I am the only one that forgot to wear the class shirt.

Color your Embarrassed Monster



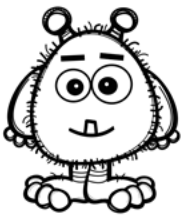
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I don't have the cool new shoes everyone else has.



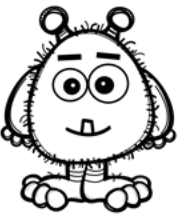
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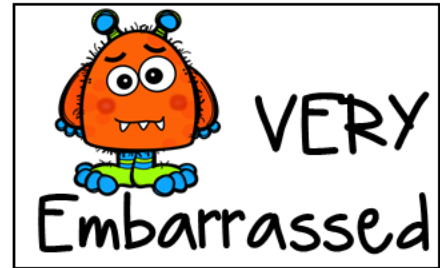
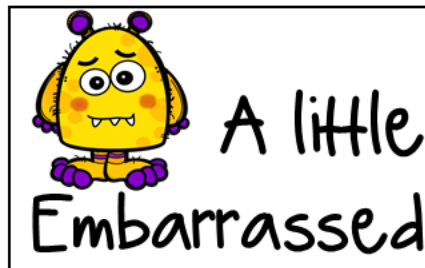


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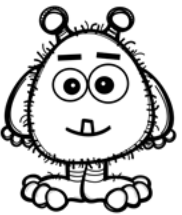
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I forget the name of the person I just met.



People saw me crying.



Someone calls me names.



I get in trouble.



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Embarrassed Monster

The people in our life sometimes bring out our embarrassed monster, list what these people do that make you feel embarrassed.

I get embarrassed when my:

Mother

Father

Brother

Sister

Grandparent

Teacher

Coach

Friend



My



Embarrassed Monster

Some places cause our embarrassed monster to show itself, describe what happens in these areas in your life.

I get embarrassed when this happens:

In my classroom

In the hallway

In the cafeteria

At Recess

On the school bus

In my neighborhood

On the playground

At home

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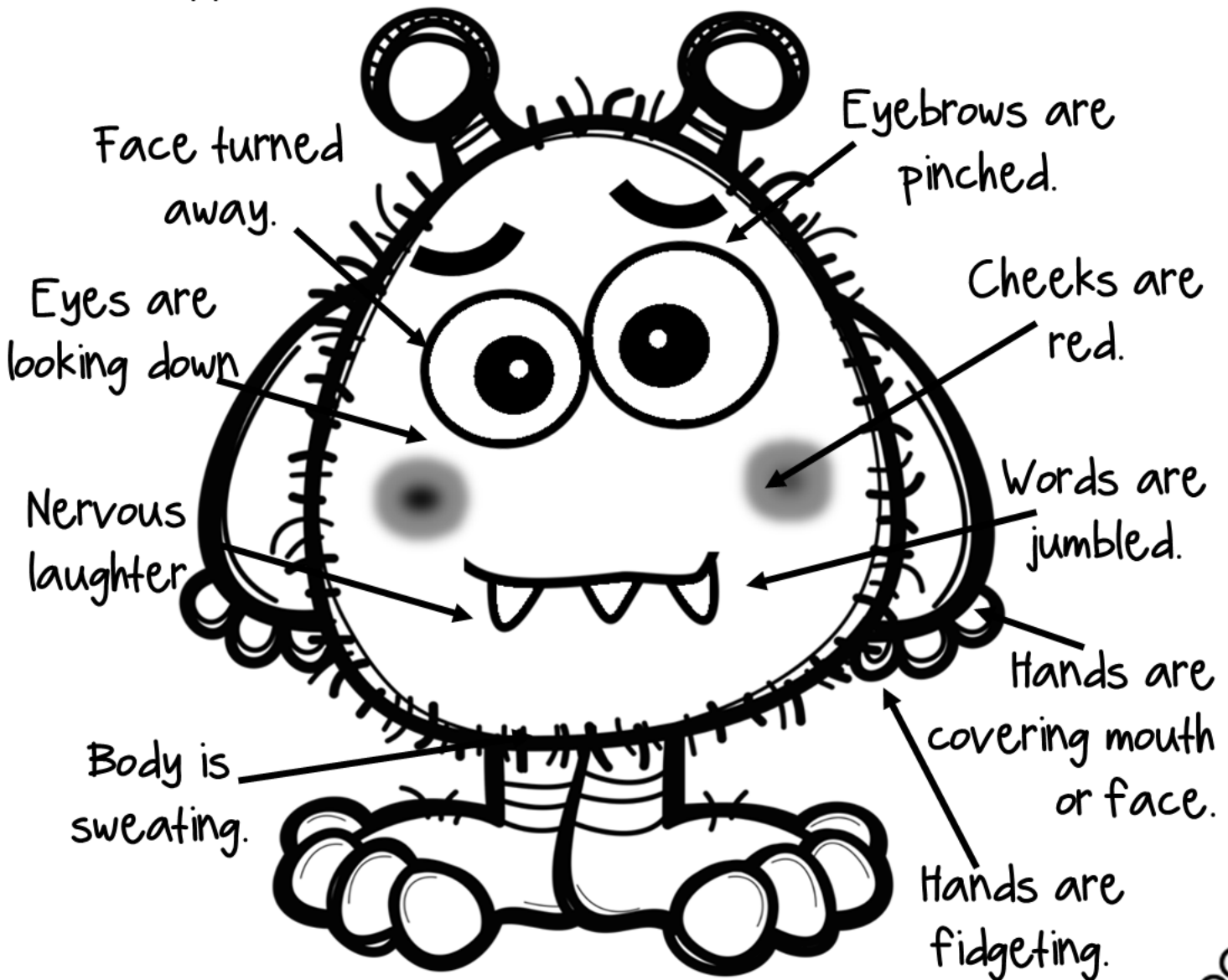
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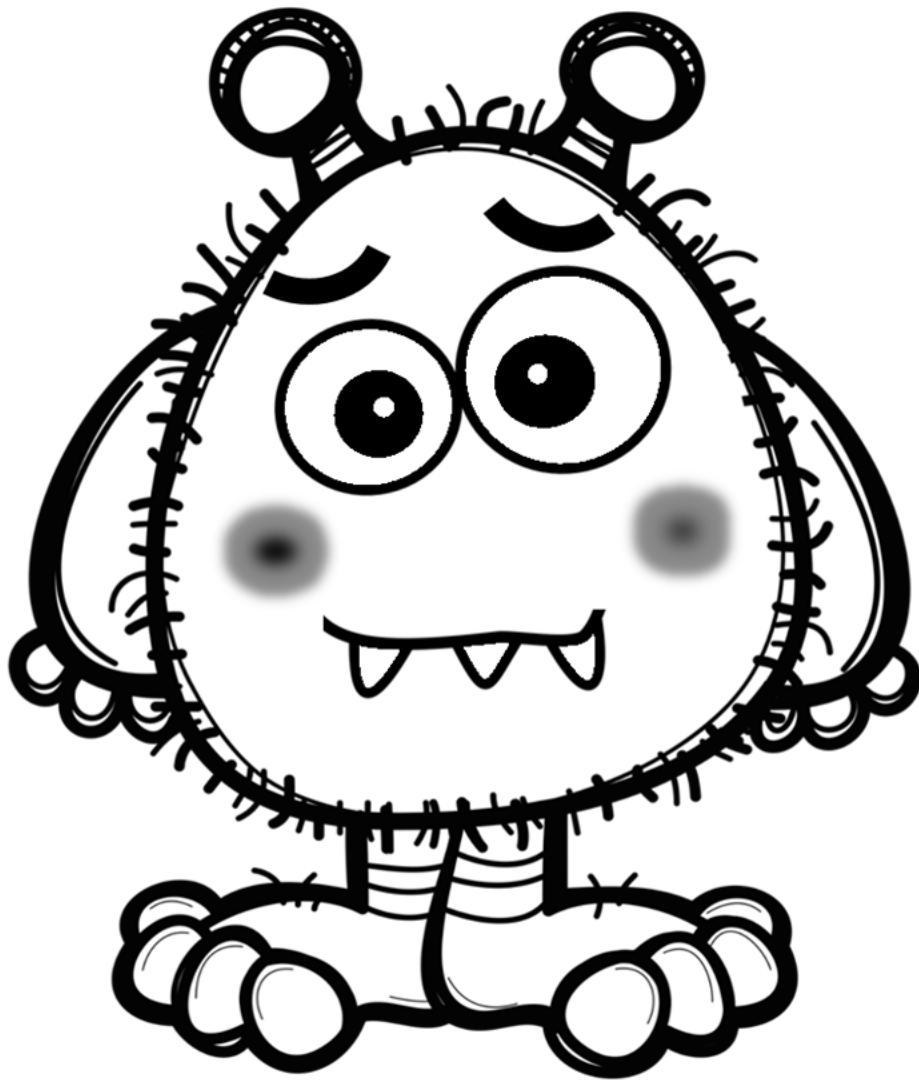
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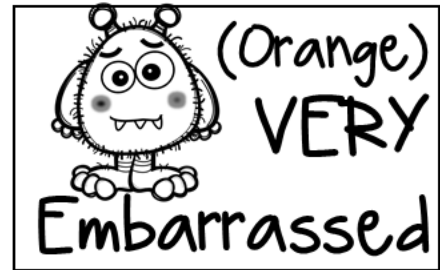
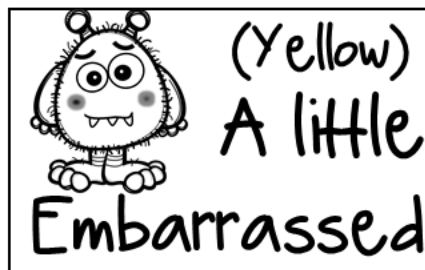
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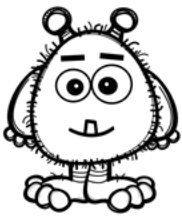
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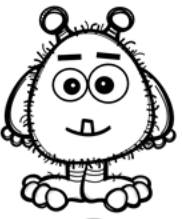
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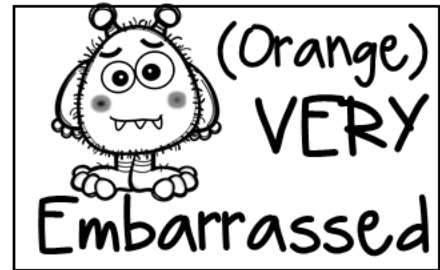
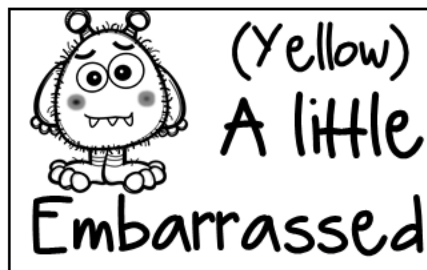


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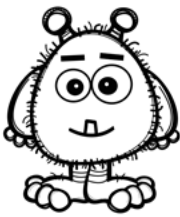
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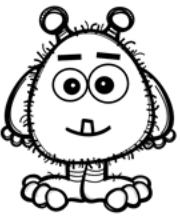
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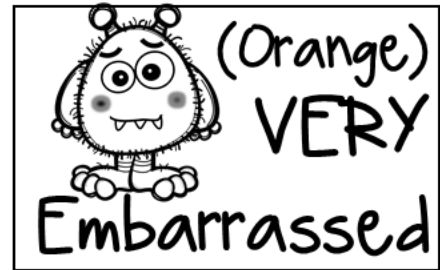
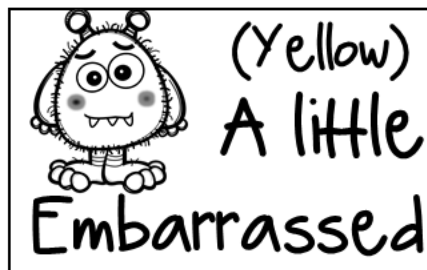


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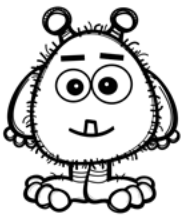
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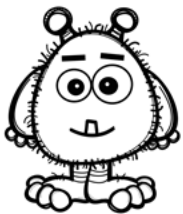
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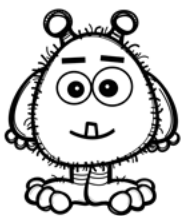
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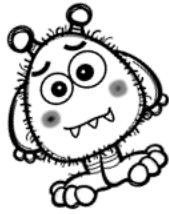
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In the cafeteria

At Recess

On the school bus

In my neighborhood

On the playground

At home

GOOGLE CLASSROOM

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource into your Google Drive.

1 Click here  [My Embarrassed Monster](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

YOU HAVE TO MAKE A COPY FOR EACH STUDENT!

Otherwise they will all be editing the same file.

Click "Assign" in the top right corner if you're ready to post!

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

ABOUT THE AUTHOR



I'M ASHLEY

an Elementary School Counselor.

I have a B.A. in Psychology and an M.A. in School Counseling. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning. I am a wife, and mother to 2 young boys. Thank you for supporting my little shop.

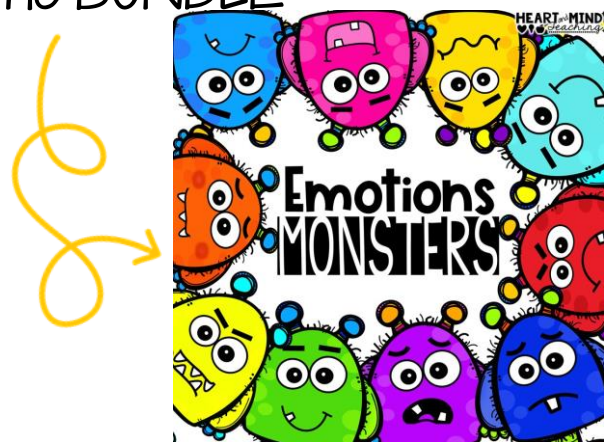
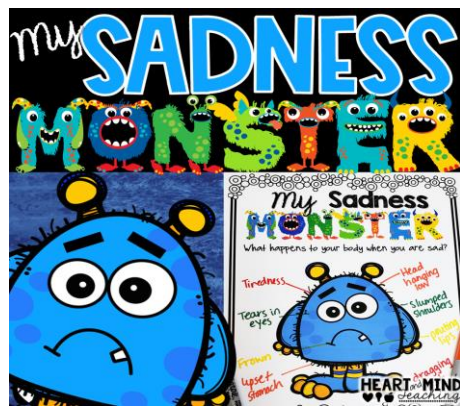
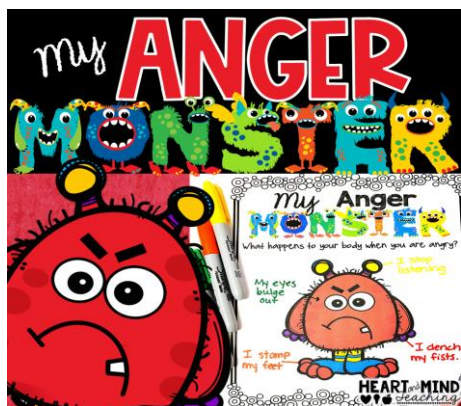
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Access my [freebie library](#) by subscribing to my newsletter, [click here](#)

RECOMMENDED RESOURCES

Check out more Monster Emotions in the BUNDLE



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