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If you have any questions or concerns please email me at:

heartandmindteaching@gmail.com

♥
Ashley

GOOGLE SLIDES

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

1 Click here  [Llama Drama](#)

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!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

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

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

Llama Drama

Session Objective:

*Teach tools for resolving conflict and staying calm in friendship drama.

Materials:

*Handouts, pencils, crayons.

Guiding Questions:

- *How can reducing or preventing drama help friendships?
- *What are different forms of drama that impact friendships?
- *How can knowing your triggers help you?

Session Details

Say "Drama is when small problems turn into big problems because of hurt feelings, overreactions, or not using kind words." Review the different kinds of drama on page 4. "Instead of being a drama llama let's try to be chill llamas, here are a few examples of how to do that." (Review page 5). Pass out the handouts (p.6-12). "Let's practice identifying calm versus drama responses." Have students complete the handouts. Review pages 13-15 with them about I messages and triggers. Then put page 16 in front of each of them, and pages 17-19 (cut out). They should each have page 16 (their sorting page) and one of each of the trigger words (Jealousy, feelings left out, being ignored, etc.). Tell the students to sort the drama triggers and decide what bothers them and what does not. "It's important to know what our triggers are to prevent us from being triggered and to better understand our emotions." Review page 20. "Triggers can cause big feelings that sometimes lead to unhealthy reactions (drama!). Let's practice having healthy (calm) reactions. Complete pages 21-22.

ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
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Llama Drama

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Talking behind their back

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Copying or Competing

On-and-off Friendships

Rumors and Secrets

Feeling left out

Silent treatment

Jealousy





Drama Llama

- Yelling or crying right away
- Making something bigger than it is
- Getting others involved in the fight
- Holding a grudge or refusing to talk
- Always needing to be right/win
- Complaining loudly
- Getting revenge



Chill Llama

- Taking a deep breath
- Listening to both sides
- Letting small stuff go
- Using an "I Message"
- Forgiving
- Talking it out kindly and calmly
- Asking questions instead of assuming

Llama Drama

©Heart and Mind Teaching

Read the friendship scenarios and circle if the reaction was drama (overreaction) or chill (healthy reaction).

Your friend plays with someone else at recess. You yell, "We're not friends anymore!" and storm off.



Drama
Llama



Chill
Llama

You notice your friend is playing with someone new. You feel left out but ask if you can join too.



Drama
Llama



Chill
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Your best friend didn't sit next to you at lunch, so you write a note saying, "You're fake!"



Drama
Llama



Chill
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You're feeling hurt that your friend didn't sit by you, so you talk to her calmly after lunch.



Drama
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Chill
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Someone accidentally bumps into you in line, and you yell, "Watch it! You're so rude!"



Drama
Llama



Chill
Llama

You text your friend and they don't reply for a few hours. You send 5 angry messages.



Drama
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You don't get a reply right away, so you give your friend space and talk in person later.



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Drama
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Chill
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Llama Drama

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Drama
Llama



Chill
Llama

You weren't invited to a party, so you tell everyone the host is mean and you never liked them.



Drama
Llama



Chill
Llama

Two of your friends are whispering, and you assume they're talking about you. You cry and walk away.



Drama
Llama



Chill
Llama

Two of your friends are whispering, You wonder what they're talking about, but you stay calm and ask, "Hey, what's up?"



Drama
Llama



Chill
Llama

Llama Drama

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Drama
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week.



Drama
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Your friend says something hurtful. Later, you say, "When you said that, it hurt my feelings."



Drama
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Drama
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You and your friend both like the same toy in class. You grab it and shout, "Mine!"



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You heard someone said something unkind about you. Without checking, you tell all your friends not to trust that person.



Drama
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Llama



Chill
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You see a picture online of your friends hanging out without you. You comment, "Wow, thanks for inviting me!"



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You feel sad when you see your friends online, but you remind yourself that it's okay not to be included in everything.



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Someone accidentally calls you by the wrong name. You roll your eyes and snap, "Do you even know me?"



Drama
Llama



Chill
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Your friend got picked for a part in the play that you wanted. You tell people she didn't deserve it.



Drama
Llama



Chill
Llama

Llama Lingo

What to Say in Drama
Use conflict resolution phrases:

"Can we talk about
what happened?"

I feel...when you...
because...can you
please...

"Let's take a
break and
come back."



I feel...
when you...
because...

Can you
please...

"I"
Message



Llama Drama Triggers

Common Emotional Triggers for Kids

"A trigger is something that makes your feelings explode! It might be a word, action, or situation that makes you feel angry, sad, jealous, or left out — really fast."

Feeling Left Out

- Not being invited to a party or game.
- Friends playing without you.
- Someone saying, "You can't play with us."

Being Ignored

- A friend doesn't say hi/respond.
- Someone talks over you or doesn't listen.
- Not getting a reply to a text.

Hurt Feelings

- A joke goes too far.
- Someone says something mean or sarcastic.
- Getting blamed for something you didn't do.

Jealousy

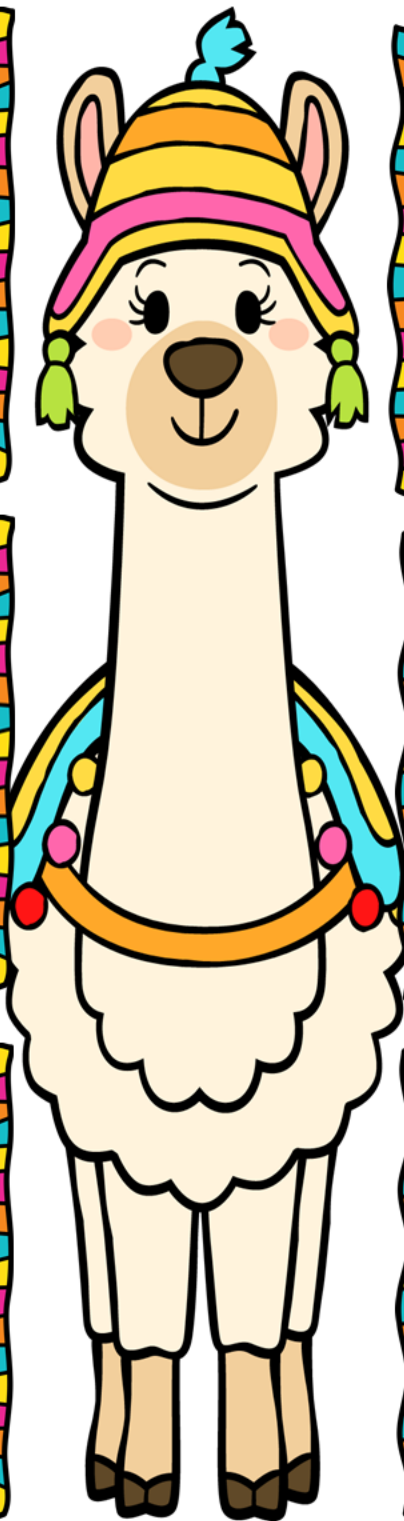
- A friend spends more time with someone else.
- Someone else gets a role, award, or attention.
- Comparing yourself.

Embarrassment

- Being laughed at/ teased.
- Making a mistake in front of others.
- Someone spreading a rumor or secret.

Not Feeling In Control

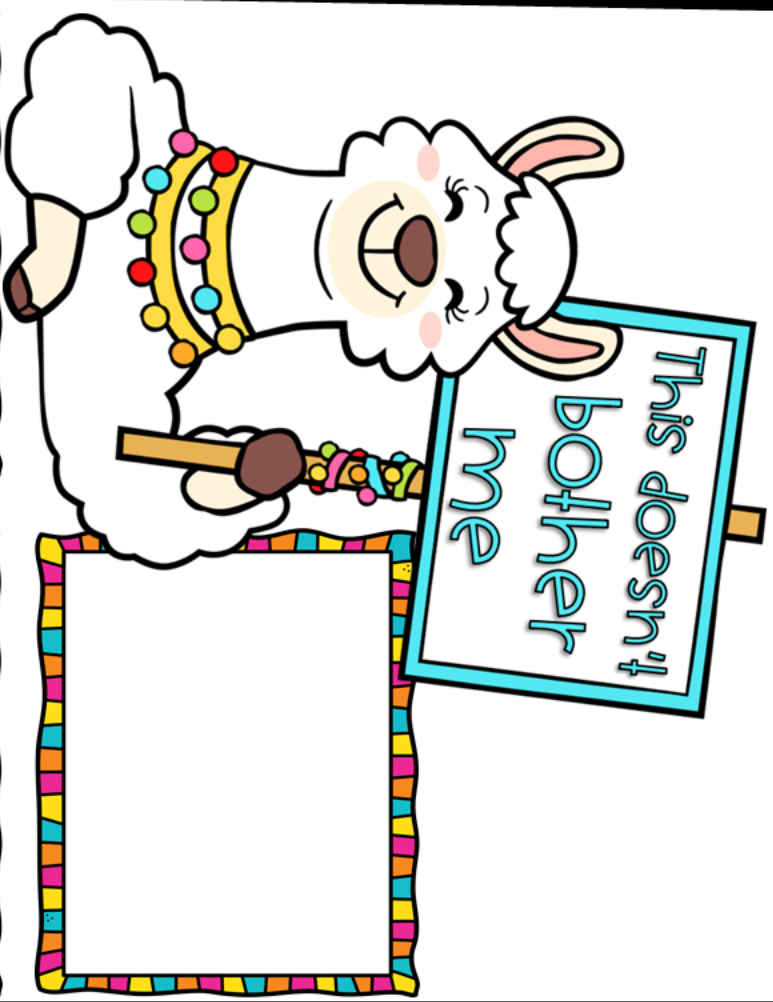
- Someone changing the plan.
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Drama Llama



No Prob-Llama



Being
ignored.

Being
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Jealousy.

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Llama Drama

Llama Drama Can Start from Triggers

Even the calmest llamas can get their tails in a twist when something bothers them! Knowing your triggers can help you control your reaction.

Trigger

Big Feeling

**Unhelpful
Reaction (Drama)**

Not invited to a party	Hurt, left out	Telling others the person is mean, posting angry messages
Friend plays with others	Jealous, worried	Saying "We're not friends anymore!"
Teasing or joke gone wrong	Embarrassed, angry	Yelling, crying, or leaving the group
Not picked for something	Disappointed, jealous	Refusing to participate, blaming others
Ignored or overlooked	Sad, insecure	Silent treatment or talking behind someone's back



Llama Drama



Read the triggers and think about how you would feel and create a helpful (no-drama) reaction.

Trigger

I feel left out.

My friend plays with someone else.

When people don't listen to me.

When someone teases me.

When plans change suddenly.

When I don't get picked.

Feeling

Sad, disappointed.

Helpful Reaction:

I do something with someone else.



Llama Drama



Read the triggers and think about how you would feel and create a helpful (no-drama) reaction.

Trigger

Feeling

Helpful Reaction:

When someone tells me what to do.

When my friend ignores my text/message.

When I feel embarrassed.

When someone lies to me.

When someone gets something that I want.

Black and
White
Version

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Llama Lingo

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Jealousy

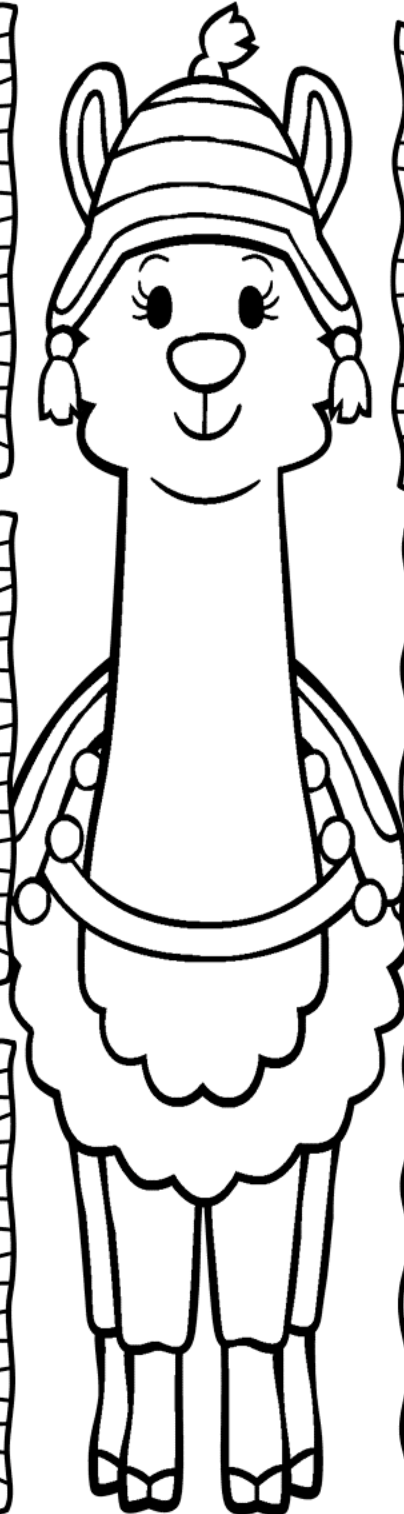
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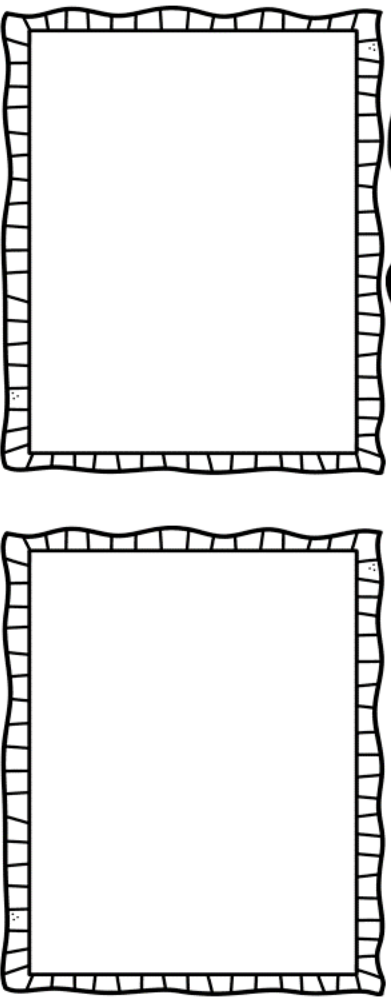
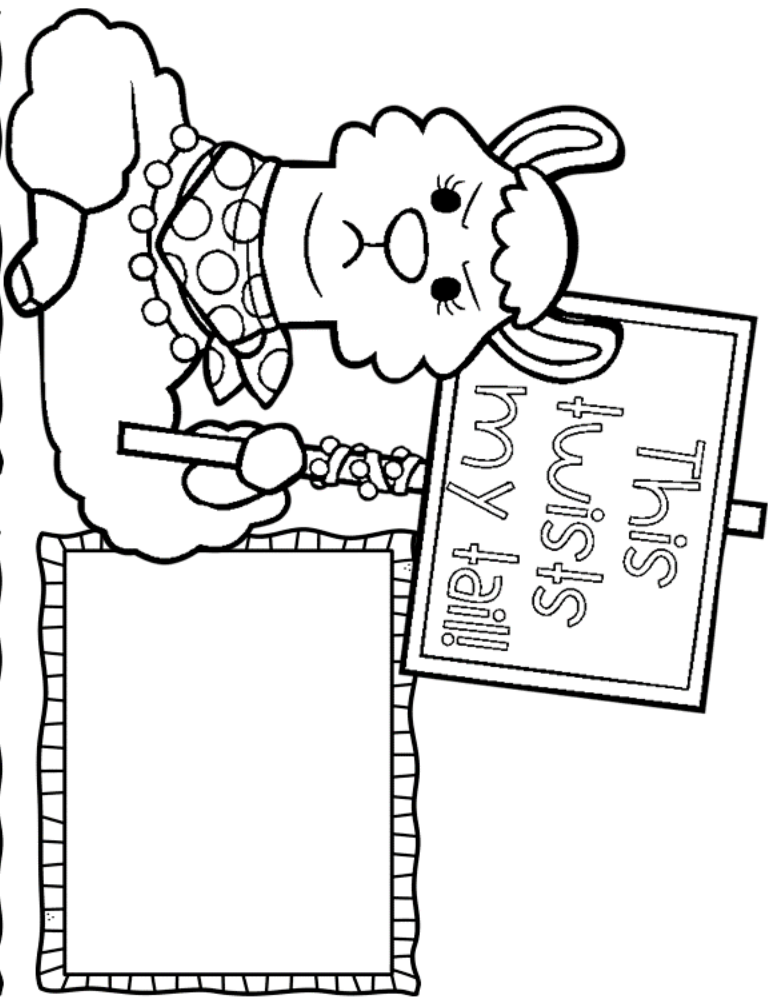
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Not Feeling In Control

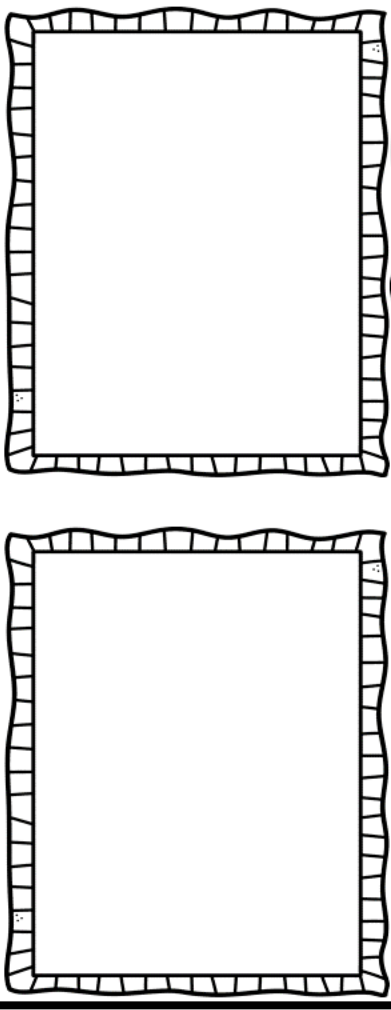
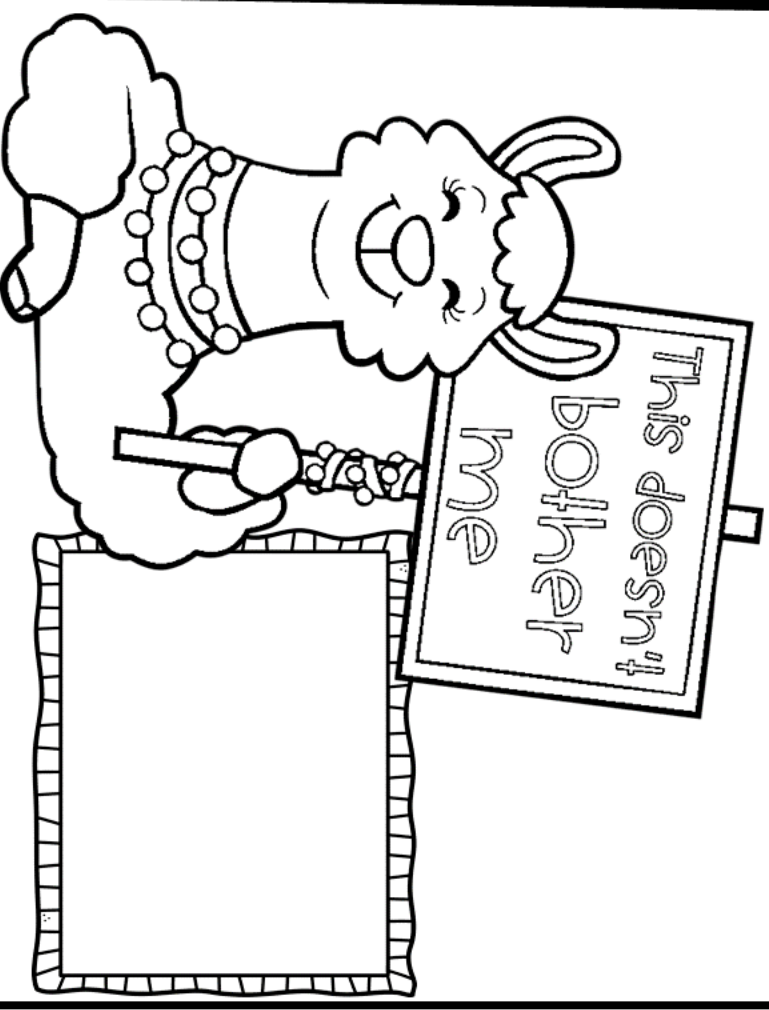
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Drama llama



No Prob-llama



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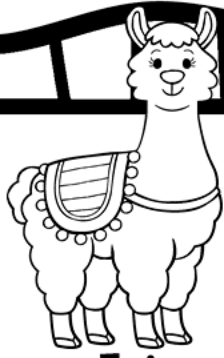
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Llama Drama

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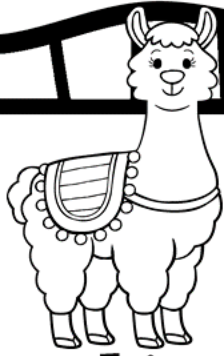
When I don't get picked.

Feeling

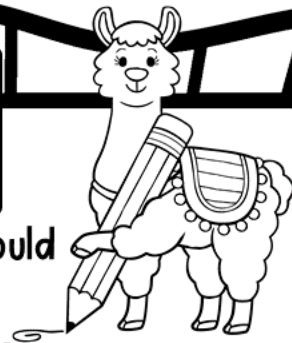
Sad, disappointed.

Helpful Reaction:

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Helpful Reaction:

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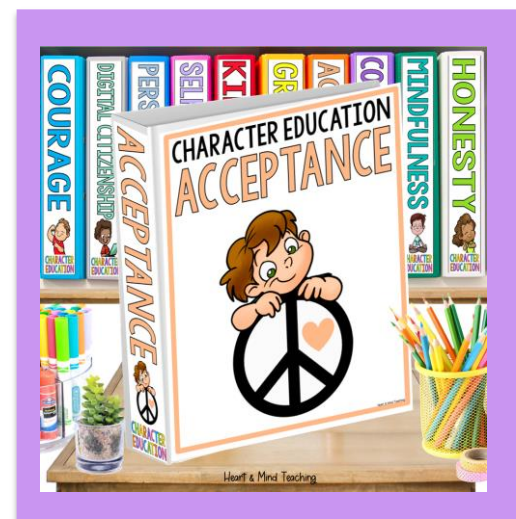
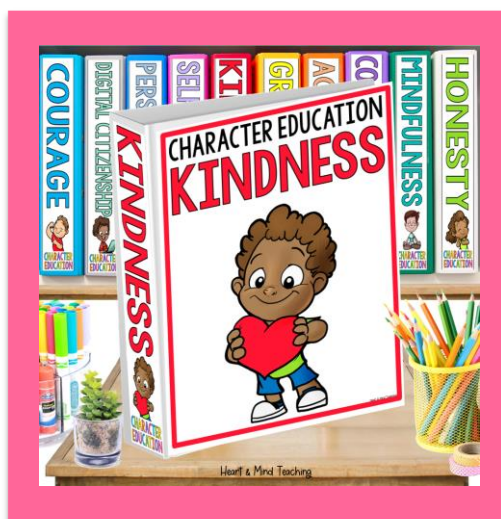
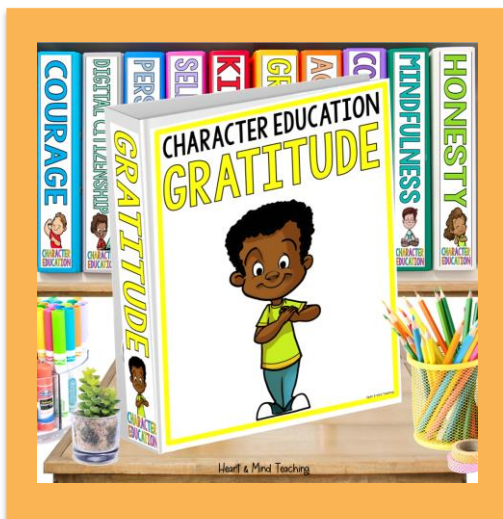
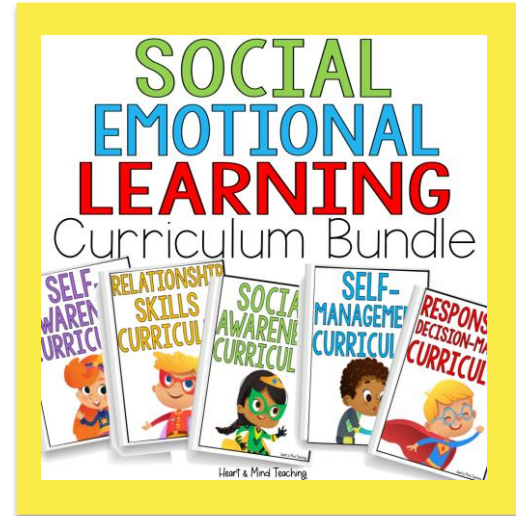
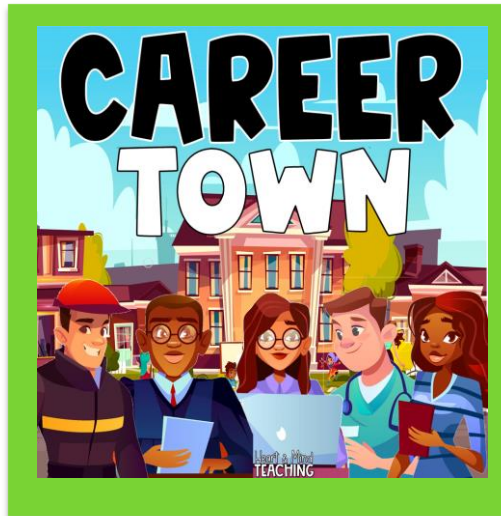
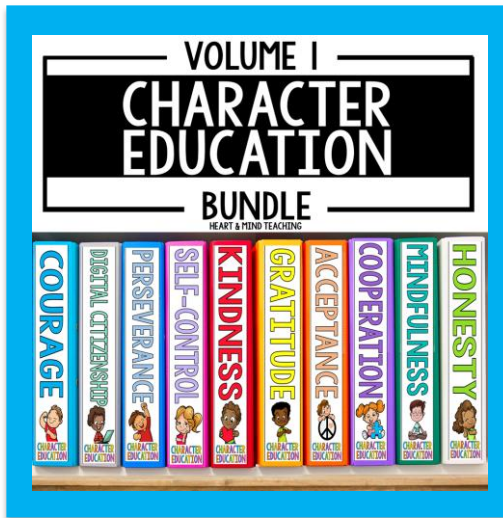
When I feel embarrassed.

When someone lies to me.

When someone gets something that I want.

CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



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THANK YOU

FOR SUPPORTING MY LITTLE SHOP.

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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