**What’s Happening Today?**

**Let’s Talk About Ways to Handle Embarrassment**

* **Everyone has done or said something that made them look silly in front of others**
* **When we’re embarrassed it affects our body. We might sweat or blush. Our heart might race…**
* **It also affects the way we feel (self-conscious, ashamed, like we want to hide)**
* **There are 4 Ways to Handle Embarrassment:**

1. **stop beating yourself up**
2. **laugh at yourself**
3. **change the subject**
4. **move forward**

* **So what do YOU think?**
* **Get your magnet!**

