**LESSON: *I Can Handle Embarrassment***

**OUTLINE**

1. Introduce the topic of **embarrassment**. Talk about everyone has done or said something that made them look silly in front of others.
2. Talk about **how embarrassment affects your body** (i.e. blushing, sweating, racing heart) and **how it makes you feel** (i.e. self-conscious, ashamed, like you want to hide, etc.) These feelings make it hard to know what to do next.
3. Asks students how they’ve handled embarrassment. Explain that there are certain strategies we can use to help us when we are embarrassed.
4. Introduce the **4 Ways to Handle Embarrassment**:
5. **stop beating yourself up**
6. **laugh at yourself**
7. **change the subject**
8. **move forward**
9. Summarize lesson with review of 4 points

1. So…what do YOU think?
2. Give out the magnet cards

**MATERIALS NEEDED:**

* Facilitator’s Guide
* Computer & Projector
* Activity Sheet(s) & materials
* Magnet Cards