

The Best Me

WEBISODE 2: BE A FEELINGS DETECTIVE

What part(s) did you notice big feelings during the webisode? What big feelings do you think the characters were experiencing? Why do you think they were having big feelings?

Max had big feelings - He looked upset and annoyed that his friends talked to trusted adults about what was happening in his life.

How did Max feel later about his friends getting help? He was glad that they asked for help. Explain how it's not "snitching" or "tattle-telling" when we are helping another person.

Dani had big feelings – she looked sad about her grandma.

Kayla had big feelings – she looked frustrated about trying to move her body and working on the talent show.

Tino had big feelings – he looked like he didn't know what to do, conflicted. Explain what a conflict is (it can be a struggle between 2 or more people [inside ourselves]).

Remind your students it's normal to experience big feelings and a quick way to get back to a calmer state is by taking some deep breaths. Remind your students to use the Hand Brain Model hand gesture that was presented during The Best Me workshop.

