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| **Section: I didn’t make the team** | | | |
| **Objective:** | | Learners will listen to a story and a play about a girl called Lin who doesn’t make a team at school. The play introduced three super friends who help Lin deal with her disappointment and frustration.  SEL Competency: Self Management  Developmental level: Foundational  Key message: I can use wisdom, patience and courage to overcome disappointment  Time: 16 mins | |
|  | **Character name** | | **Content:** *Format*  (TONE OF ADDRESS)/‘Lines from script’/song/sound clip no. |
| **1.** | FX (sound FX) | | *STANDARD INTRODUCTORY JINGLE NO.xx* |
| **2.** | Host | | Today, we’re going to hear the story of Lin. Lin wants to play on her school’s football team, but she doesn’t get picked. Has this ever happened to you? |
| **3.** | All | | Yes |
| **4.** | Host | | How did that make you feel? |
| **5.** | All | | Sad |
| **6.** | Host | | Of course it did! It feels really bad when we are not picked. It’s not nice to be left out.  Sometimes, when we want to be part of a group and we’re not able to, we feel sad and then this makes us sad or angry. Today, we are going to learn other ways to deal with our sadness so we don’t become angry, and we find a solution to our problem.  We’re also going to meet the Super Friends, who will help us learn what to do in the situation that Lin finds herself in.  Are you ready to hear the story? |
| **7.** | All | | Yes |
| **8.** | Host | | Ok! Listen carefully, because after the story, I’m going to ask you some questions about Lin’s story! Ready?? |
| **9.** | All | | Yes |
| **10.** | FX (sound FX) | | Sound to introduce read aloud story |
| **11.** | FX (sound FX) | | FADE IN schoolyard sounds, children laughing, breeze blowing, etc. |
| **12.** | Host | | Lin wants to play on her school’s football team. She has worked hard and improved her skills so she can try out to be the goalkeeper. Every day, she practices her leaps in the neighbourhood park and she feels confident and proud of herself.  Lin has always wanted to play for the school team, because she really looks up to the other children who play on the team. She also dreams of becoming a professional goalkeeper when she is older.  Today, they’re going to choose the children who will be part of the team. |
| **13.** | FX (sound FX) | | FADE IN of motivational sounding music to indicate start of a defining moment… |
| **14.** | Host | | Lin walks towards the goal. Several children kick the ball and she manages to stop them from scoring a goal sometimes, but many of the children do manage to score goals. When she finishes, she waits while others try out for the position of goalkeeper. |
| **15.** | FX (sound FX) | | FADE OUT of motivational sounding music to indicate start of a defining moment. |
|  | FX (sound FX) | | FADE IN of sad music |
|  | Host | | At the end of the morning, the coach reads the names of those who were picked, but Lin’s name isn’t on the list. Lin feels very bad. She feels like all the blood in her body has rushed to her head and it’s going to explode: she feels hot, she wants to cry, her hands are sweating, she doesn’t want to talk to anyone, and she decides to walk off.  Lin goes off to a corner of the schoolyard. Because of her anger, she starts to think, “I’m no good at anything.” At the same time, she feels sad because she won’t get to play on the school’s football team. |
|  | FX (sound FX) | | FADE OUT all sounds |
|  | FX (sound FX) | | Sound to end read aloud story |
|  | Host | | Did you like the story? |
|  | All | | (EXCITEDLY) Yes |
|  | Host | | Are you ready to answer some questions about the story? |
|  | All | | (EXCITEDLY) Yes |
|  | Host | | Ok! Get ready! Say your answer out loud after every question! |
|  | FX (sound FX) | | Sound to indicate questions |
|  | Host | | Question 1: What did Lin do to get ready for the day the school team was getting picked? (pause)  Again, What did Lin do to get ready for the day the school team was getting picked?  Say your answer out loud at home! |
|  | FX (Sound FX) | | 30 seconds sound to let children think and respond |
|  | Host | | Well, what do you think? |
|  | Child A | | She practised really hard |
|  | Child B | | She worked hard every day to be the best goalkeeper |
|  | Host | | Well done! Lin really wanted to be on the team, so she practiced every day.  How do you think Lin felt the day the team was being chosen?  What do you think at home? |
|  | FX (Sound FX) | | 30 seconds sound to let children think and respond |
|  | Host | | Well, what do you think? |
|  | Child C | | Scared |
|  | Child D | | Happy |
|  | Child A | | Nervous |
|  | Child B | | Like she has butterflies in her tummy |
|  | Host | | Very good. I bet she was feeling all of those things!  Have you ever felt these things right before a team is to be chosen you want to be part of? |
|  | All | | Yes |
|  | Host | | Everyone feels that way! It’s nothing to feel bad about! ready for the next question? |
|  | All | | Yes |
|  | FX (sound FX) | | Sound to indicate questions |
|  | Host | | Question 2: What emotion do you think Lin is feeling when she doesn’t get picked for the team? (pause)  Again, What emotion do you think Lin is feeling when she doesn’t get picked for the team? |
|  | FX (Sound FX) | | 30 seconds sound to let children think and respond |
|  | Host | | Well, what do you think? |
|  | Child A | | Angry |
|  | Child B | | Sad |
|  | Child C | | Embarrassed |
|  | Child D | | Confused |
|  | Host | | Well done! What Lin is feeling is called frustration. She is frustrated because she wasn’t chosen.  Ready for the next question? |
|  | All | | Yes |
|  | FX (sound FX) | | Sound to indicate questions |
|  | Host | | Ok! What do you think Lin might do because she feels angry, sad and frustrated?  Think about a time something like this has happened to you to help you imagine an answer. (Pause)  Again, What do you think Lin might do because she feels angry, sad and frustrated? |
|  | FX (Sound FX) | | 30 seconds sound to let children think and respond |
|  | Host | | Well, what do you think? |
|  | Child A | | She might start crying |
|  | Child B | | She might get angry and shout at people |
|  | Child C | | She might never play football again |
|  | Child D | | Maybe she feels that she’s very bad at football even though she loves it and she stops playing forever |
|  | Host | | Very good! Lin might do all of those things because she feels bad.  Now we’re going to hear from Lin as well as her Super Friends. The Super Friends will help Lin learn what to do next so she can feel better. |
|  | FX (sound FX) | | Sound to introduce play |
|  | Host | | Hi Lin, nice to meet you today! |
|  | Lin | | Hello (host), nice to meet you! |
|  | Host | | Hello Wilma Wisdom! How are you today! |
|  | Wilma Wisdom | | Hello (host), I’m feeling good! |
|  | Host | | I hear you have some advice for Lin? |
|  | Wilma Wisdom | | Yes I do! Hi Lin! |
|  | Lin | | Hi Wilma Wisdom! |
|  | Wilma Wisdom | | (KINDLY AND CALMLY) I’m so sorry to hear that you didn’t get picked for the team. That must have felt really bad. |
|  | Lin | | (SADLY) Yeah, it did. |
|  | Wilma Wisdom | | (EXCITEDLY) My superpower is a magic hat that you can borrow. When you put on my magic hat, we can brainstorm together to understand what we can change and what we can’t change.  How does that sound? |
|  | Lin | | (TENTATIVELY) Good |
|  | Wilma Wisdom | | Ok Lin! You have my hat on! Let’s get to work!  What can you not change? |
|  | Lin | | (SADLY) I can’t change what happened on the day the team was picked. And I can’t change the team that was picked by the coach. |
|  | Wilma Wisdom | | (KINDLY) No, you can’t change the past and you can’t make the coach change the team now.  But there are things you can change. Can you think of any? |
|  | Lin | | (TIMIDLY) Umm.. I don’t know |
|  | Wilma Wisdom | | (KINDLY) Let me help you. You might not have made the team this year, but you could try again next year, couldn’t you? |
|  | Lin | | (HOPEFULLY) Yes |
|  | Wilma Wisdom | | (KINDLY) So what could you do to try to make the team next year? |
|  | Lin | | I can practice hard for next year |
|  | Wilma Wisdom | | Very good! And you never know what might happen. You might not have to wait until next year. They might need a new goalkeeper sooner than you might think. If you keep practicing, you’ll always be ready for future try-outs. You’ll also have fun. You love football, don’t you? |
|  | Lin | | Yes |
|  | Wilma Wisdom | | Well, you don’t want to forget how much you love football just because you’re frustrated now. If you keep practising you’ll remember what it is about football that you love. |
|  | Lin | | Thanks Wilma Wisdom! That really helps! |
|  | Wilma Wisdom | | (KINDLY) you’re welcome. Remember you can borrow my magic hat anytime. Just ask me for help figuring out what you can change and what you can’t change when you are feeling overwhelmed and frustrated. |
|  | Host | | Bye Wilma Wisdom! Thank you so much for helping Lin today!  Next, we’re going to meet Pat Patience.  Hello Pat! How are you today! |
|  | Pat Patience | | Hello (host). I’m good! How are you? |
|  | Host | | I’m doing very well, thank you for asking! I hear you have some advice for Lin as well? |
|  | Pat Patience | | Yes I do! |
|  | Host | | Well let’s hear it! |
|  | Pat Patience | | Hi Lin! |
|  | Lin | | Hi Pat! |
|  | Pat Patience | | My friend Wilma Wisdom helped you see what you can change and what you can’t change. My superpower is to help you accept the things that you can’t change.  Will you let me help you? |
|  | Lin | | Yes please |
|  | Pat Patience | | Ok, here goes. I want you to take a deep breath in and remember the things you cannot change. |
|  | Lin | | \*audibly breathing in\*  I can’t change that I didn’t get picked for the team. |
|  | Pat Patience | | Life will sometimes bring disappointments and sadness and that is ok to feel sad, taking a deep breath in and out will help us calm down. Calming down and accepting things is an important to step to help us feel better. |
|  | Host | | Wow! Thank you Pat Patience! That was super helpful!  We have one more Super Friend, Corey Courage! Are you ready to help Lin? |
|  | Corey Courage | | Hi (host)! Hi Lin! |
|  | Host and Lin | | Hi Corey Courage! |
|  | Corey Courage | | I’m so sorry that you’re feeling sad Lin. It’s not nice when we don’t get picked for things. Especially when I know you worked so hard to be the best football player possible! |
|  | Lin | | Thanks Corey Courage. I tried so hard and I felt so bad when I didn’t get picked. |
|  | Corey Courage | | My superpower is helping little girls and boys like you when you need to be brave so you can change something that makes you feel frustrated.  All you have to do is ask me for my help! |
|  | Lin | | Will you help me Corey Courage? |
|  | Corey Courage | | Of course I will! First I want you take a deep breath in through your nose… |
|  | Lin | | \*breathing in audibly\* |
|  | Corey Courage | | …And imagine that you get picked for the team next year.  What do you have to do to make that wish come true? |
|  | Lin | | Umm… I can keep practicing like Wilma Wisdom said. |
|  | Corey Courage | | Very good! Anything else you could try? |
|  | Lin | | I could ask the coach what I could do to get better. |
|  | Corey Courage | | Very good! Anything else? |
|  | Lin | | I could ask my brother to play with me. He’s really good at football. Maybe if I practised with him, I’d get better! |
|  | Corey Courage | | Good idea! |
|  | Lin | | And maybe there are other teams near my home that I could join. |
|  | Corey Courage | | Very, very good! |
|  | Host | | Wow Lin. So many ideas to try! How are you feeling now? |
|  | Lin | | So much better! |
|  | Host | | I bet you are! Thank you Corey Courage for your help! |
|  | Corey Courage | | You’re welcome! Remember you can ask me for help anytime you need to be brave and think of ways to change what makes you frustrated. |
|  | Host | | Thanks Corey Courage! And thank you Pat Patience! |
|  | Pat Patience | | You’re welcome! Remember you can always ask me for help when you need to calm down and accept what you can’t change. |
|  | Host | | Thanks Pat Patience! And thank you Wilma Wisdom! |
|  | Wilma Wisdom | | (KINDLY) You’re welcome. Remember you can borrow my magic hat anytime. Just ask me for help figuring out what you can change and what you can’t change when you are feeling overwhelmed and frustrated. |
|  | Host | | And finally, thank you Lin for sharing your story with us! |
|  | Lin | | You’re welcome! Thanks Super Friends and (Host) for all your help! |
|  | Host | | You’re welcome |
|  | FX (sound FX) | | Sound to end play |
|  | Host | | What did you think of Wilma Wisdom, Pat Patience and Corey Courage? Did you like them? |
|  | All | | Yes |
|  | Host | | Do you think they can help you when you feel frustrated? |
|  | All | | Yes |
|  | Host | | Let’s think of an example together. How does that sound? |
|  | All | | Good |
|  | Host | | Ok, I want you to remember a time when you didn’t get picked for a team, like Lin. Or maybe you didn’t get picked for a choir or a special position at school.  When I was in school, I wanted to be a class prefect so badly, but I didn’t get picked by my teachers. I was so upset!  If you can’t think of a real example, you can make something up in your imagination. Try to feel how disappointed you would be to not get picked for something you really, really wanted.  How can Wilma Wisdom and her magic hat help us? What do you think at home? Say your answers out loud! |
|  | FX (Sound FX) | | 30 seconds of sound for children at home to think and respond |
|  | Host | | What do you think? How can Wilma Wisdom help us? |
|  | Child A | | Um… she can help us know what we can change and what we can’t change. |
|  | Host | | Very good. Wilma Wisdom can help us figure out what we can change and what we cannot change when we’re feeling overwhelmed and frustrated.  How about Pat Patience? How can he help us in this situation? What do you think at home? |
|  | FX (Sound FX) | | 30 seconds of sound for children at home to think and respond |
|  | Host | | What do you think? How can Pat Patience help us? |
|  | Child B | | Pat Patience can help me calm down and accept what I can’t change. |
|  | Host | | Exactly. Very good. Pat Patience helps us to calm down and accept what we cannot be changed.  Finally, how can Corey Courage help when we’re frustrated? |
|  | FX (Sound FX) | | 30 seconds of sound for children at home to think and respond |
|  | Host | | What do you think? How can Corey Courage help us? |
|  | Child C | | Corey Courage can help me think of ways to change what I can change. |
|  | Host | | Very good! Corey Courage can help us think of things we can do to change the things we can change. Corey Courage also helps us to be brave so we can make these changes.  Next time you are faced with frustration do you think you’ll be able to ask your new Super Friends, Wilma Wisdom, Pat Patience and Corey Courage, for help? |
|  | All | | Yes |
|  | Host | | Sometimes, when we can’t form part of a group or team, we may feel sad, or disappointed. This is ok.  Just like we saw today, we can call Wilma Wisdom to help us figure out whether or not the problem we are facing has a solution. If it doesn’t have one, we can call Pat Patience to help us calm down, accept this, and we can call on Corey Courage to help us look for other ways to achieve what we want in the future. |