

# URSTRONG

## Movie Script

### The premise for your movie is:

You are sitting at your desk drawing a picture of your favorite thing: \_\_\_\_\_(insert favorite thing). Your friend walks up to you, looks down at your paper, and starts laughing. Your friend says, "Do you really like \_\_\_\_\_ (insert favorite thing)? Wow! That is soooo weird," then walks away.

**Ouch, right??** Not cool! Imagine that you did not stand up for yourself right away, but you were really hurt by what your friend said. You went home that night and couldn't get it out of your head. You could feel that Friendship Fire® burning inside. Now, imagine it's the next day and there's nobody else around. It seems like the perfect time to let your friend know how that made you feel.

**Your Parent has been cast as your friend. Follow the Movie Script and act it out!**

### Movie Script:

**You:** "Remember yesterday when I was drawing \_\_\_\_\_ at my desk and you were making fun of it and said it's 'weird'? **(YOU JUST RETOLD THE SITUATION.**

**GOOD JOB!**

**Parent:** (in a snotty tone) "Uh-huh!"

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**You:** “Well, that really hurt my feelings. You know how much I love \_\_\_\_\_ and it’s not cool for you to laugh about it and say it’s weird. That’s who I am!” **YOU JUST EXPLAINED HOW IT MADE YOU FEEL. YOU ROCKED IT!**

**Parent:** (in a snottier tone) “Woah... Like, totally chill out! I was only joking. Geez, you’re being so dramatic!”

**You:** “I guess you’re not ready to talk about this right now. This matters to me. Let me know when you’re ready to talk!”  
**Parent:** (roll your eyes and cross your arms) “Wow. What’s your problem!?” (and stomp away)

**Now, discuss this situation. Here are a few questions to consider:**

- Did your friend have a positive or negative reaction to the conversation?
- What are some other ways your friend could have responded?
- Why is timing so important when Talking-it-Out?
- What would a positive reaction look/sound/feel like that would actually put the Friendship Fire out?
- What if your friend came back up to you and tried to act like nothing happened?

Practice standing up for yourself using all sorts of examples. If you’re dealing with a Friendship Fire® right now, talk about it with your parent and practice putting out the Fire®. Come up with your own movie script for a new scenario!