

# SEREN'S MONOLOGUE

Nervous. A word that is often used in everyone's day to day lives. 'I'm nervous about today's game', 'I'm nervous about speaking at the school assembly', 'I'm nervous about Sports Day'. Seren is very nervous here. You might have never thought that someone who has had the main part in the school show feels nervous! But everyone feels nervous from time to time.

Seren knew her words, and she didn't need to worry but feeling nervous and worried about something is completely NORMAL! Unfortunately there are some people who were jealous of Seren, calling her a 'loser', and a 'freak', and saying that she's a show off, but that is not the situation at all. Seren loves to keep busy and do all these things, but other people are nasty to her because of this. Do you think this is fair? She is fed up with:

"Pretending that I haven't heard the comments. Avoiding them. Trying not to give them a reason to laugh at me. Ignore them. Ignore. Ignore. Just saying the word is a lot of effort."

It's not fair on Seren! Often, young people have a difficult time and they think that other people see the negative things in them, as Seren did. BUT thinking about these negative things makes us feel worse and makes us worry more.

## TASKS

I want you to think about how you see yourself and how other people see you.

If you're worried about other people saying nasty things about you, think....

- Why do you think people would say this about you?
- Do you feel that those things are true?
- What can you do to change that behaviour and make it positive?
- If you were to change these things, how do you think people would see and think about you afterwards?

I would like you and your friends to form a line along the hall or across the room. Think of a number of positive, good things about yourself and say them out loud one after the other. Every time you say one good thing I want you to take a step forward. Carry on saying good things about yourself until you've reached the other side of the room.

If you need help, here are some ideas:

- I'm kind
- I help others.
- People can trust me.
- I work hard.
- I'm clever.
- I have many friends.
- I follow the rules.
- I'm a good team player.
- I know what I want to do.
- I'm cool.

If you find it difficult to think of good things about yourself, why not ask a friend? Or your teacher?

Next, choose a partner, someone who is a good friend of yours and knows you well. I want you to do something similar with your friend, but this time your friend says good things about you. Then switch places with your partner and say nice things about your partner until they have reached the other side of the room.

### **Rap**

Using all the good things you and your friend have listed, I want you to create a positivity rap about yourself. Why not create a performance too? Enjoy!

### **Pryderi's problem solving top tip:**

Some problems are easy to solve and we solve them without thinking about it but others are difficult to solve.

When it is difficult to solve a problem, try to break the problem down into small pieces in order to deal with the problem step by step. Follow the steps in the circle to help you.