

Duration: 30 minutes

1

Family members and grown-ups, please read this before your child leads the activity.

Key Ideas:

- The Blueprint is a perspective-taking tool that helps build empathy and resolve conflicts. (From “Me” to “We”)
- When we aren’t getting along, the Blueprint can help us understand one another better.
- We lay a foundation for these practices in the early years.
- In the beginning, it’s easier to practice these skills in less intense situations.

Activity Goals:

- To identify and understand how the characters may have been feeling, without judging them.
- To explore how the character’s emotions influenced their behaviors.
- To use empathy and perspective-taking to help solve a problem between the characters in a story.

Activity Steps:

1. Read the story together (it’s fine for you to read it aloud) and discuss the questions on the Activity Sheet, page 3.
2. Some families have found the word list on the right to be helpful as they explore how the characters may have been feeling.

WORD LIST

Left Out – sad because you are not part of a group even though you want to be.

Lonely – sad because you are by yourself and not with others.

Worried – full of thoughts about something bad that may happen.

Frustrated – Upset because you are trying to do something and it’s not going well.

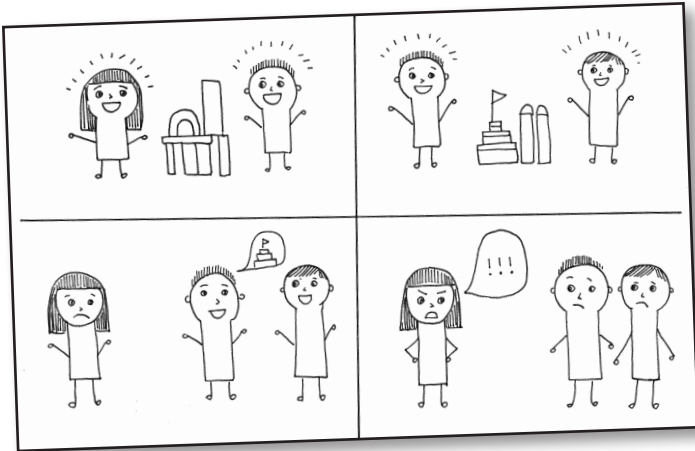
Disappointed – sad because something did not happen the way you thought it would happen.

Jealous – Afraid someone close to you may care about someone else more than you.

2

Akeem and Olivia

READ STORY TOGETHER



Olivia and Akeem are best friends.

One of Olivia and Akeem’s favorite things to do is to build together with blocks. They love building giant houses and tall buildings with red, yellow, and blue blocks of all shapes and sizes. Sometimes, they see who can build the tallest building without letting it fall down!

At school, they like to share ideas and come up with new ways to build. They listen to each other and play well together, but today was different.

Today, Olivia came into school and saw Akeem playing with another friend named Patrick. She heard them talking about building with blocks together over the weekend and saw them playing in the block area.

When Olivia saw them together, she was afraid that Akeem liked Patrick more than her. She walked up to Akeem and told him that Patrick didn’t have any good ideas. She also said that she would knock down their building. Patrick did not know what to do. He stood next to Akeem and looked sad.

Akeem liked playing with Patrick and wanted to play with just him that morning. Olivia shouted to Akeem, “You are NOT my best friend any more!”

3

Student, have fun doing the activity!

The Activity

1. Talk about each person's feelings in the story.
2. What words do you think would best describe how they each felt?
3. How did they each express and handle their feelings?
4. What could they have done to express and handle their feelings in a more positive way?
5. What do you think can happen next so that the story could have a happy ending?
6. In the box below, draw a picture that shows what they could do and say to make things better.

