

Teen topics that build language skills

A Friend Picks a Fight



Emily trembled, feeling as if she was coming apart at the seams. How could her friend have done that? She picked a fight with her in the middle of the lunch room, in front of everyone. Now they were all going to make fun of her and she would never live it down! She needed to pull herself back together, go in there and face them all.

Discussion Questions

- I. Describe Emily's body language.
- 2. If Emily is trembling, how big does her problem feel?
- 3. What does 'feeling like you are coming apart at the seams' mean? How can you help yourself?
- 4. What is the difference between picking a fight and getting into a fight?
- 5. Would a real friend do this? What is a better way to solve a problem?
- 6. What does 'never live it down' mean?
- 7. How does Emily feel since this happened in front of everyone?
- 8. Do you think people will always remember the fight? Why or why not?
- 9. What does 'pull herself back together' mean?
- 10. Did you ever have to pull yourself back together? What happened?
- II. How is picking a fight different from getting into a fight?

Name:	Date:
Answer these questions to explain the problem Who? What happened?	
Effect Tell this in a sentence	
Solution 1:	Solution 2:
 What would happen next?	
 If she	 If she
 then	
 might feel	 might feel
I think she should because	

Name:	Date:
A Friend Picks a Fight	Do you remember this problem? Explain it.
Remember to think about all c	of the people involved in this problem!
I. What outcome to the proble	em is Emily hoping to have?
2. What is one thing she could	d do to accomplish this?
Name a positive outcome/pro	for this solution.
Name a negative consequence	e/con to this solution.
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	this solution.
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t. Which is the best solution?	Why?

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1	I. What could Emily have been thinking in this photo?
	Write in the thinking bubble, then explain your answer.
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' someor	ne picked a fight with you. What did you do?
ter for l	Emily to hide from her school mates or face them after the an there is a problem?
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A Friend Picks a Fight

Discussion Questions-Possible answers as many are acceptable

I. Describe Emily's body language. She moved away from everyone,

so is covering her face with her hands, so she is embarrassed.

2. If Emily is trembling, how big does her problem feel? Trembling means she is having strong feelings and thinks she has a big problem.

3. What does 'feeling like you are coming apart at the seams' mean? How can you help yourself? Feel like you are losing control of your emotions- varied answers like take deep breaths, find a friend, etc. 4. What is the difference between picking a fight and getting into a fight? Picking a fight means it was planned, not just happened.

5. Would a real friend do this? What is a better way to solve a problem? Real friends would talk to you privately, not cause a public scene.

6. What does 'never live it down' mean? They won't forget, will keep brining it up and she will always be embarrassed by it.

7. How does Emily feel since this happened in front of everyone? Embarrassed and angry

8. Do you think people will always remember the fight? Why or why not? No, time moves on and people find other things to talk about.

9. What does 'pull herself back together' mean? Feel like your emotions are under control- you won't cry or fight.

10. Did you ever have to pull yourself back together? What happened?

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Problem Worksheet Answer Ideas

Outcome: Emily wants to go back into school and have everyone act like nothing happened.

Solution 1: Go back into school and scream at your so-called friend, having a bigger fight.

+: Sometimes expressing anger can make people feel better.

-: You will be making the fight bigger and drawing more attention, not solving the problem.

Solution 2: Go back in calmly, like nothing happened, and see if your 'friend' apologizes later.

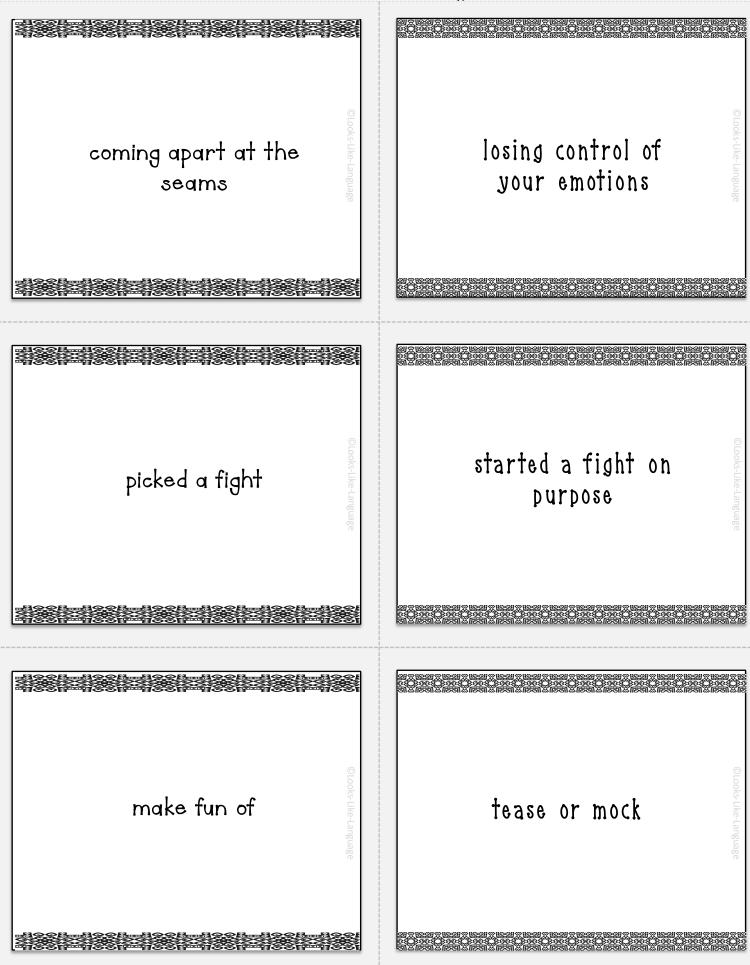
+: You will have to face everyone sooner or later. Being calm helps them see that you were the person who was wronged and you may get support.

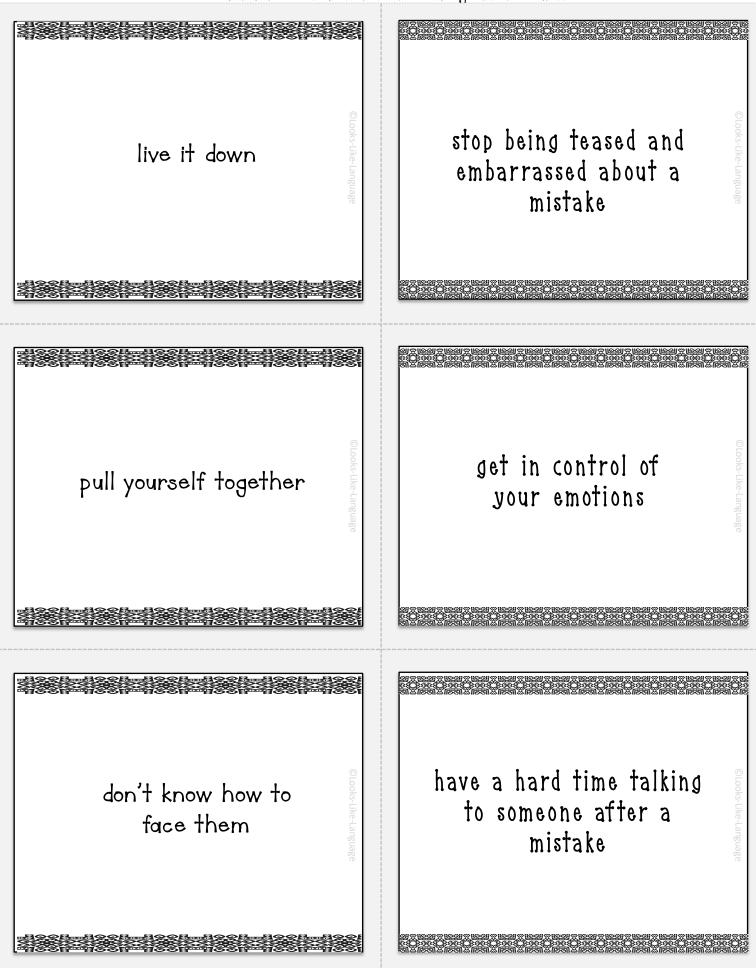
_: You may need to re-think what qualities you want in a friend. This friendship is in trouble.

Best: #2 You only increase your problems if you retaliate by screaming and fighting more.



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Emily's Friend Picks a Fight

Thanks to my favorite clip artists:

Page 3: Story and discussion questions Page 4: Problem Solving- Cause/Effect Page 5: Applying Problem Solving Skills Page 6: Comprehension Questions Page 7: Idioms Worksheet Page 8: Discussion Guidelines Pages 9-10: Idiom Task Cards For more free pages in this bundle, join It Looks Like Language to Me! Everyone is an individual and there is room for all of us!



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