

OBJECTIVE: to help the students feel less alienated from one another.

ACTIVITY: I. Ask the class to raise their hands if the following questions apply to you within the past two weeks:

- a. angry with yourself?
- b. discouraged with yourself?
- c. confused with your own thoughts and feelings?
- d. baffled by something you said or did?
- e. embarrassed by something you did?
- f. impatient with yourself?

II. Then pose the question: a. Do we always get along with ourselves? Why or why not?
b. Is it hard to be by ourselves?

c. What are some ways we demonstrate our uncomfortableness about being by ourselves?
The teacher should look for answers like: not wanting to be alone, constantly watching TV or listening to music, radio, always busy, on the phone a lot, sleep a lot, using drugs/alcohol, surrounding yourself with too many friends.

III. When we do feel alienated from ourselves, is it important to get back in touch with ourselves? Why?

IV. AT THIS POINT BREAK THE CLASS INTO SMALL GROUPS AND HAVE THEM BRAINSTORM THE QUESTION; *How do we get back in touch with who we are?*

V. Ask each group to explain the answers they came up with and compare the finding. The groups will have a variety of answers and the teacher could add examples such as: A. Forgiving yourself B. giving ourselves more time to do what we think is important, C. realizing that we are not perfect people and should not expect to do everything perfectly.

VI. Now that we looked at ways in which we get alienated from ourselves, tell the class that we are going to look at ways in which we alienate ourselves from other people? Then read "*PLEASE GOD LET HER LISTEN*" out loud or have a student read it.

SUGGESTED DISCUSSION QUESTIONS:

- a. how do our stereotypes, or pre-conceived notions help us to alienate someone? (use a serotype of an elderly woman in the story)
- b. Is it hard to listen to other people, especially when we are not in the mood?
- c. Who do we go to when we really need someone to listen to you?
- d. Do we alienate anyone by not listening to them?
- e. Have you ever felt alienated from a group? What did it feel like?
- f. Who is alienated at NRHS? WHY?

WRAP-UP: Ask each person to come up with suggestions for themselves and the rest of the class that will help them to treat themselves better. Go around the class and have each member contribute.

End with the rhetorical question: If you saw ERMA--in whatever form--do you think you would have listened to her????