

Case Study: “A Bad Start”

Questions for Class Discussion

1. *What do you think is going on here?*
2. *What is Jack feeling? What is Marcus feeling?*
3. *What should they **not** do?*
4. *What should they do?*
5. *What other factors most likely shaped the emotions they are now experiencing?*
What could they do in the future to avoid this kind of situation?

Discussion Guide

1. *What do you think is going on here?*

Discuss the case study with the students. Help them to identify the issues and potential solutions. Let all of the students have a say, without trying to “solve” the case right away but first come up with a few different reasons for what happened in the story.

2. *What is Jack feeling? What is Marcus feeling?*

Discuss with the students what they think Marcus and Jack would be feeling. Is it stress, anxiety, anger, fear? Help students describe the emotions or reasons behind the feeling.

3. *What should they **not** do?*

Help students come to the conclusion that it would be a bad idea for Marcus and Jack to start physically hurting each other. It would also be a bad idea for Jack and Marcus to start saying words that are solely intended to hurt the other, in their anger or fear at the moment. It would also not be a good idea for Marcus and Jack just to ignore each other for the rest of the year. This wouldn't resolve the situation and it wouldn't help them grow into mature adults.

4. *What should they do?*

Explain that when we are able to communicate our emotions in the right way to other people, it is a way of showing respect: it demonstrates that we respect ourselves enough

to communicate in a mature way, and it demonstrates that we respect the other people enough to talk to them about what we're feeling.

Jack could talk to Marcus and tell him that he was annoyed that he pointed out Jack's lateness. Jack could say that he was already stressed about a lot of things and that this additional ribbing in the moment didn't help. Marcus could apologize for trying to get a rise out of Jack (he was being intentionally annoying...) Jack could apologize for getting so worked up and for pushing him with his shoulder.

*5. What other factors most likely shaped the emotions they are now experiencing?
What could they do to help themselves in this situation?*

Help the students to walk the scenario backwards. Have you ever heard the saying, "a good day starts the night before?" The three pillars of health aren't just last week's worksheet... In thinking through what went wrong in the "**Bad Start**" what about the basics: nutrition, exercise and sleep?

We know that Jack stayed up too late watching videos. Jack was unprepared for school the next day. This causes stress. When we don't get the 8-10 hours of sleep we need each night, our brain and our body aren't rested and performing at their best. Studies show that we're more flexible in our thinking when we have enough sleep. If Jack had gotten enough sleep, he might have even thought that Marcus was being pretty funny!