



Attachment B

"Avigayil's Story"

Avigayil was very upset that Chani did not invite her to her birthday party. Avigayil was surprised because not only are she and Chani neighbors who get together every shabbos afternoon, but Chani also told her about the party weeks ago. Avigayil's friend Dinah thinks that **maybe** Avigayil's invitation is lost in the mail. Avigayil is not so **sure**, and she is too embarrassed to ask Chani. She starts thinking **that nobody likes her** anymore. She feels very lonely. She decides **that she will not talk** with any of the girls in her class because **nobody likes her**, so why should she bother. She thinks that she was the **only girl in class** not invited to the party. Avigayil wonders if this means **that no one will come** to her party. This thought makes her **nervous and sad**. She decides **that when it is her birthday**, she will not even **have a party** because she, obviously, has no friends. She cries in her room. She does not even want to tell her mother because she is embarrassed that she was not invited!

Student A:

Describe the situation. What happens to Avigayil? What does Avigayil think?

Student B:

Explain how Avigayil's thoughts lead to her uncomfortable feelings. What is Avigayil feeling? How does Avigayil react to her feelings?

Student C:

How could you help Avigayil change her behaviors for the future?