

# Being with Others & Begin Alone

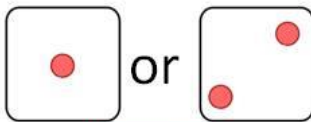
Social Cards are designed to help young people with poor social skills increase their awareness of isolation and possible solutions.

See the next page for directions.

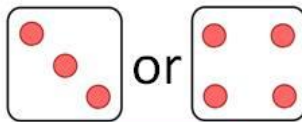


## Being with Others & Being Alone

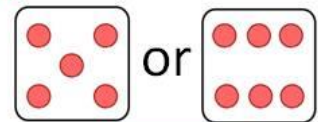
*Roll a dice...Take a card...Answer a question*



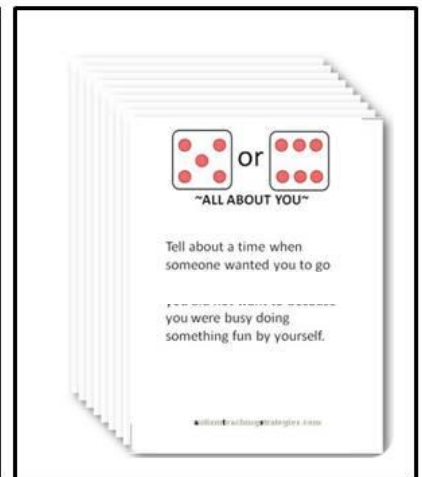
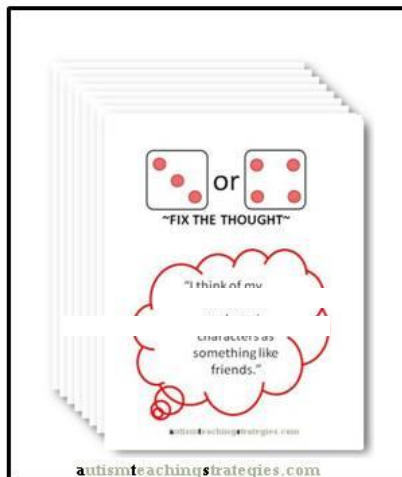
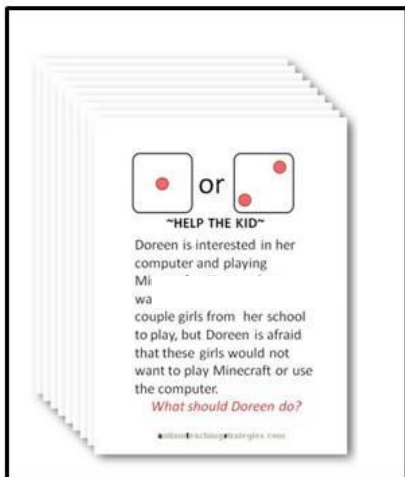
Help  
the  
kid



Fix  
the  
thought



All  
about  
you



## Directions:

This card activity is designed to be carried out with an adult offering supervision, processing and guidance. You can have up to five children or else one child and an adult.

Print out the cards and the full-page card holder.

Cardstock works best, or else use paper and laminate it. Place the card pile on the card holder. Remove from the decks any cards you don't consider particularly relevant to the participants.

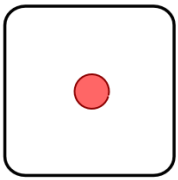
Supply your own single die.

When someone draws the "Fix the Thought" card: The adult holds the card facing towards the participants and reads it. The adult asks: "If I am a kid who is having this thought, what kind of advice do you have for me? Have you ever had this thought?"

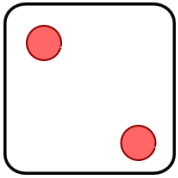
**Joel Shaul, LCSW**

# Being with Others & Being Alone

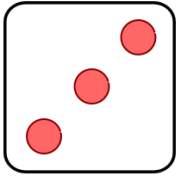
*Roll a dice... Take a card... Answer a question*



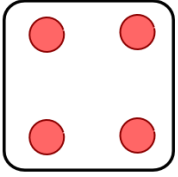
or



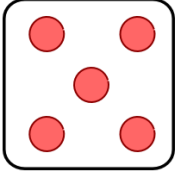
Help  
the  
kid



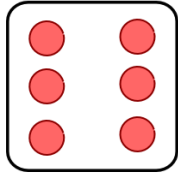
or



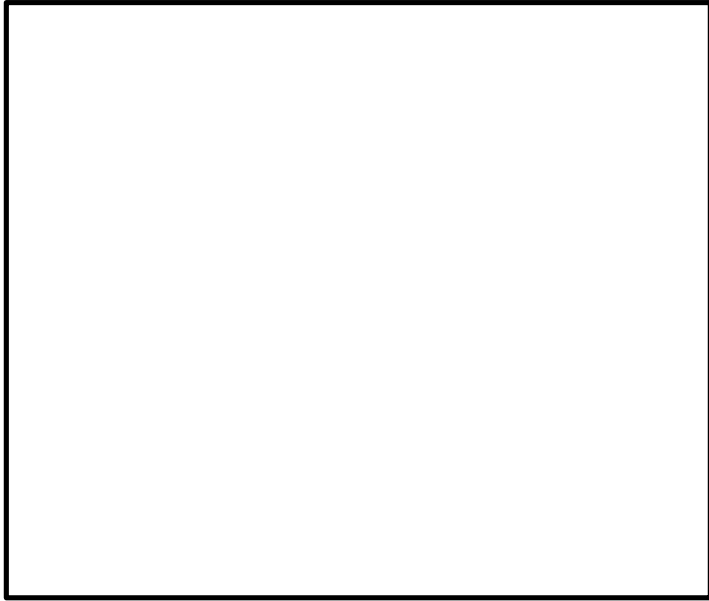
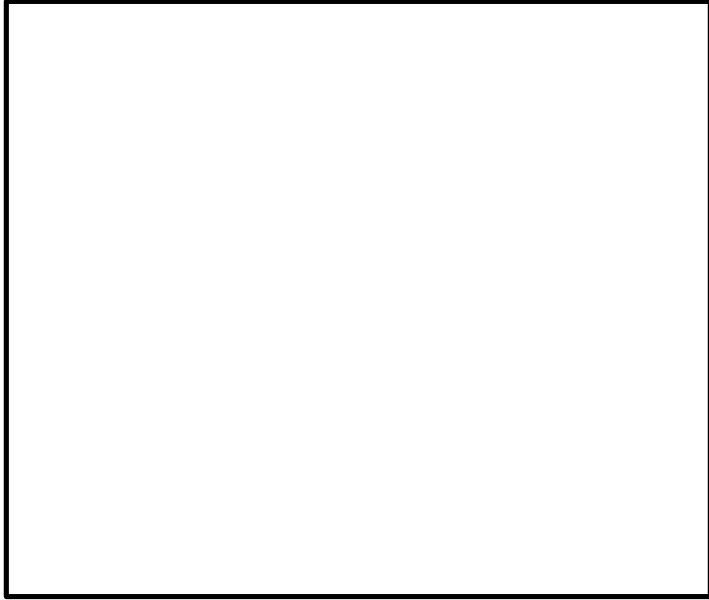
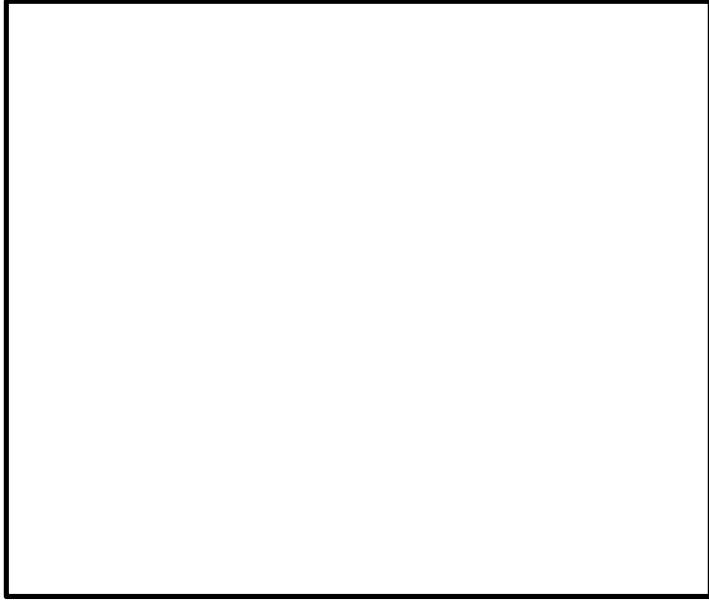
Fix  
the  
thought

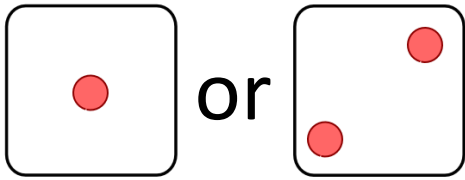


or



All  
about  
you



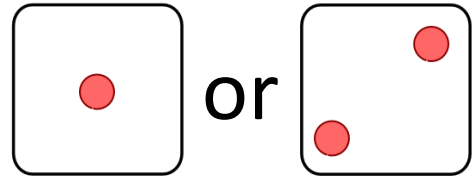


### What Would You Do?

John didn't like the tired feeling he got when his boy scout troop went hiking last weekend. John is thinking about telling his dad that he doesn't want to be in the boy scouts anymore.

*What should John do?*

©2018 Joel Shaul

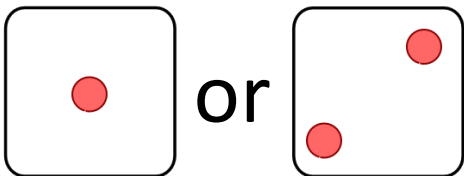


### What Would You Do?

Doreen is interested in her computer and playing Minecraft. Her mother wants Doreen to invite over a couple girls from her school to play, but Doreen is afraid that these girls would not want to play Minecraft or use the computer.

*What should Doreen do?*

©2018 Joel Shaul

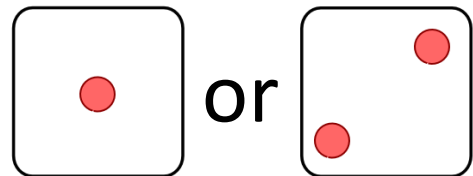


### What Would You Do?

William works hard at school during the week, and on Saturdays he likes to relax at home. William's dad has signed up William for a karate class on Saturdays. William is very angry with his dad for doing this.

*What should William do?*

©2018 Joel Shaul

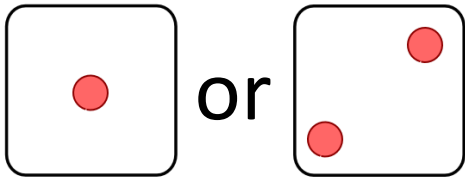


### What Would You Do?

Jacob's mom is saying, "Jacob! Turn off the TV and go outside!" But Jacob wants to stay indoors. He can't stand the sound of the lawnmower next door and the chain saw across the street.

*What should Jacob do?*

©2018 Joel Shaul

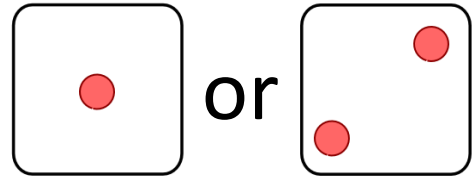


**~HELP THE KID~**

Gail does not like these Girl Scout hikes. When she stops to enjoy looking at a flower, or to pick up some cool rocks, the other girls just keep on walking. Then, the adult says, “C’mon Gail! You’ve got to catch up.”

*What should Gail do?*

©2018 Joel Shaul

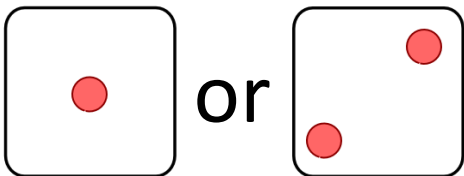


**~HELP THE KID~**

Mark does not want to invite anybody over. He has been through this all before. The last time a kid came over, the boy brought a friend and then the two of them played together, leaving Mark to play with his rock collection all alone.

*What should Mark do?*

©2018 Joel Shaul

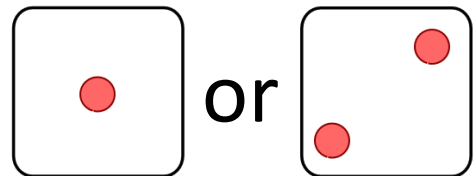


**What Would You Do?**

Jasmine plays video games online with a few girls she knows from school. Jasmine’s dad says, “That doesn’t count, Jasmine. You have to get together with kids to do stuff. It’s different from playing online games.”

*What should Jasmine do?*

©2018 Joel Shaul

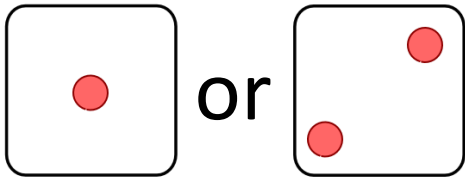


**What Would You Do?**

Fred’s mom wants him to go play at the park. But Fred won’t go there. The last time he was at the park, his friends made fun of him for playing in the sandbox—they called him a “twelve-year-old baby.”

*What should Fred do?*

©2018 Joel Shaul

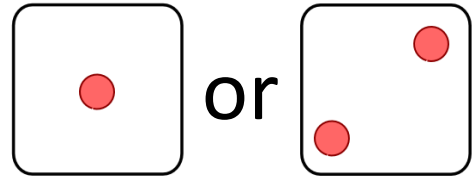


**~HELP THE KID~**

Sean, age 12, is an expert Yu-gi-oh card player. Sean's dad takes him to card tournaments on weekends, where he competes with adults. Sean's mom and dad argue. Mom says, "That's no social life for a kid."

*What should Sean do?*

©2018 Joel Shaul

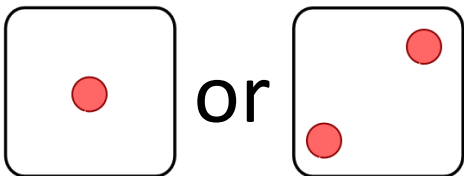


**~HELP THE KID~**

Jill has stopped playing with the girls in her neighborhood. They are telling her that she smells bad and that hurts Jill's feelings. Jill has decided that she should spend more time meeting people on Facebook. That way, she can "un-friend" people who are mean.

*What should Jill do?*

©2018 Joel Shaul

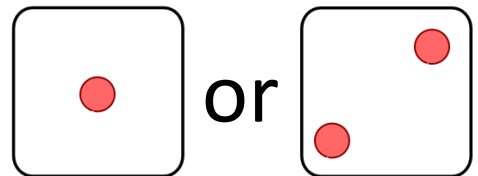


**What Would You Do?**

Jose is in his fifth year of taking drama classes on Saturdays. He is tired of it and wants to try something else. Jose's mom says he may not quit. "It's the only thing you do with other kids outside of school."

*What should Jose do?*

©2018 Joel Shaul

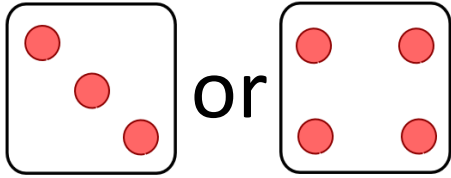


**What Would You Do?D~**

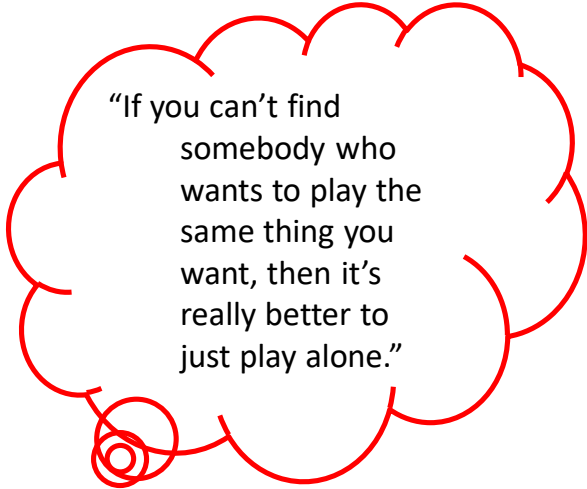
For two weeks, some kids on the playground have been saying really mean things to Kevin and he feels afraid of them. When Kevin told one teacher, that teacher said, "They won't hurt you. Just go back out there and play."

*What should Kevin do?*

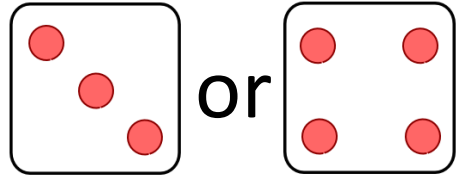
©2018 Joel Shaul



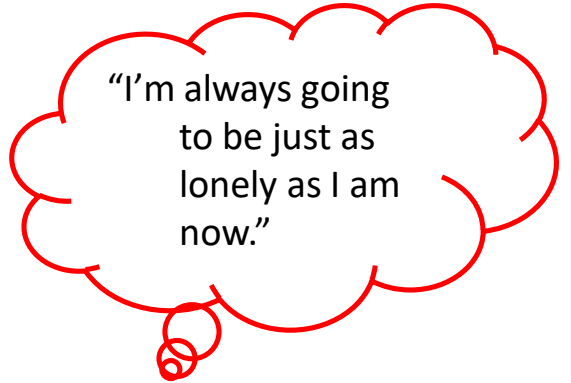
~FIX THE THOUGHT~



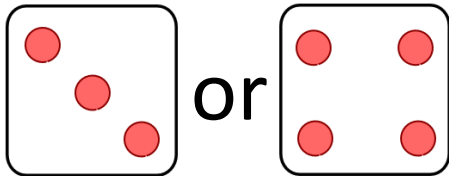
©2018 Joel Shaul



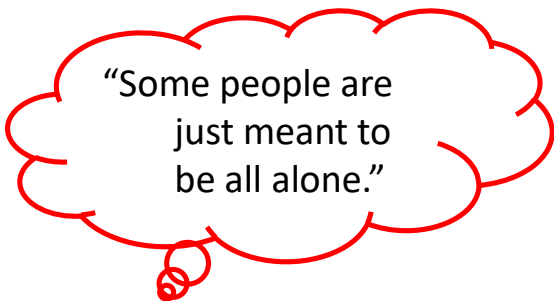
~FIX THE THOUGHT~



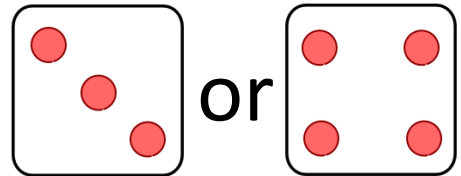
©2018 Joel Shaul



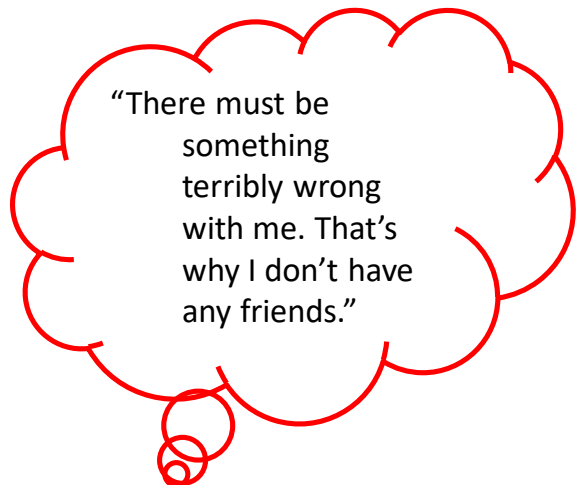
~FIX THE THOUGHT~



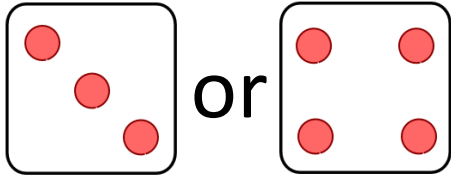
©2018 Joel Shaul



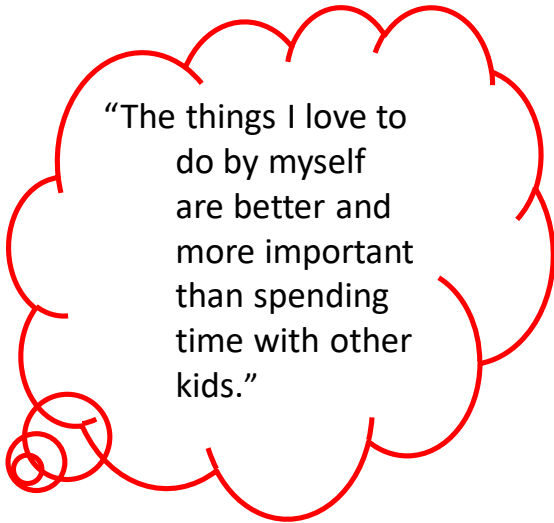
~FIX THE THOUGHT~



©2018 Joel Shaul

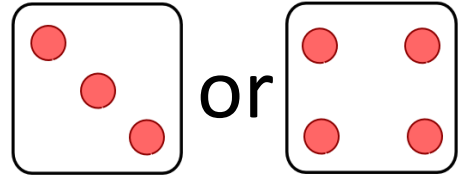


~FIX THE THOUGHT~

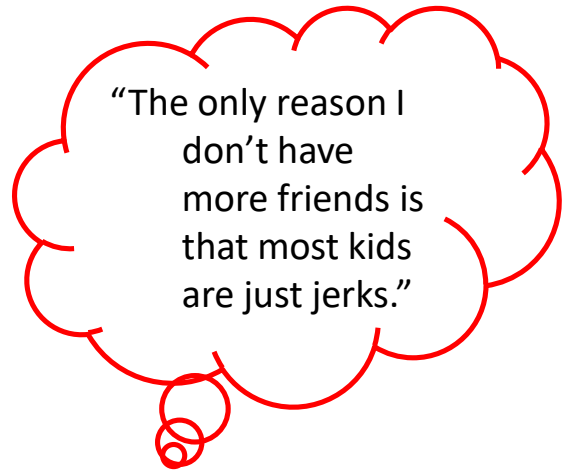


“The things I love to do by myself are better and more important than spending time with other kids.”

©2018 Joel Shaul

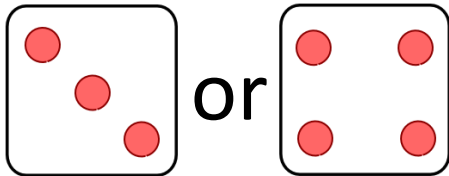


~FIX THE THOUGHT~

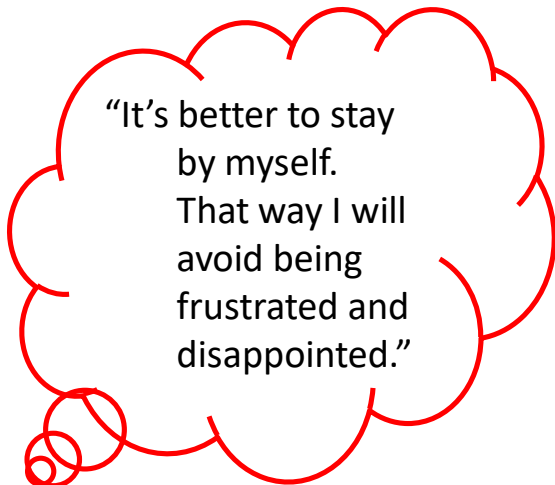


“The only reason I don’t have more friends is that most kids are just jerks.”

©2018 Joel Shaul

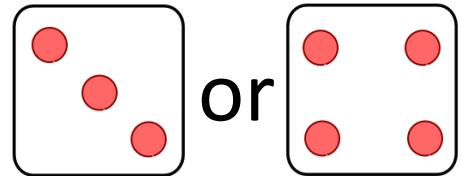


~FIX THE THOUGHT~

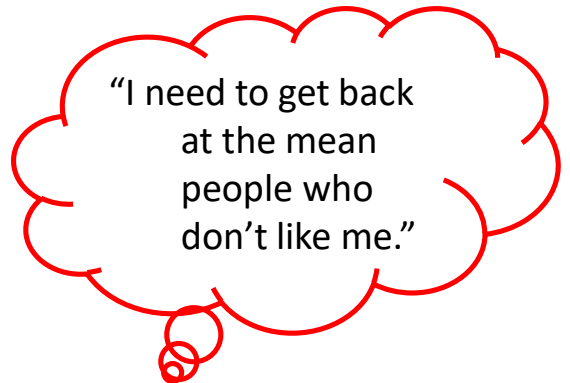


“It’s better to stay by myself. That way I will avoid being frustrated and disappointed.”

©2018 Joel Shaul



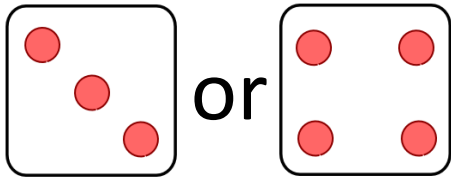
~FIX THE THOUGHT~



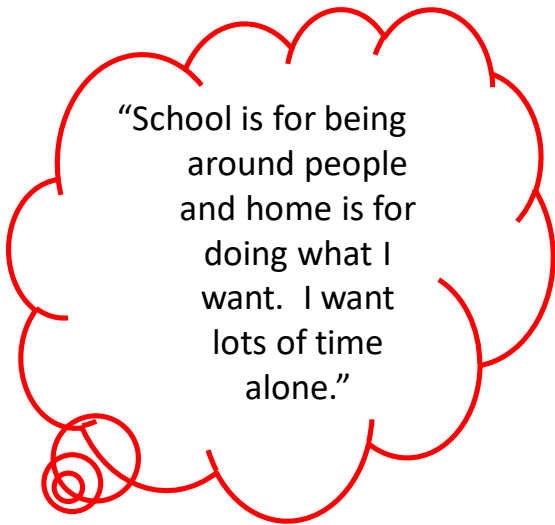
“I need to get back at the mean people who don’t like me.”

©2018 Joel Shaul



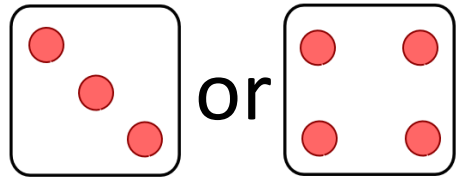


~FIX THE THOUGHT~

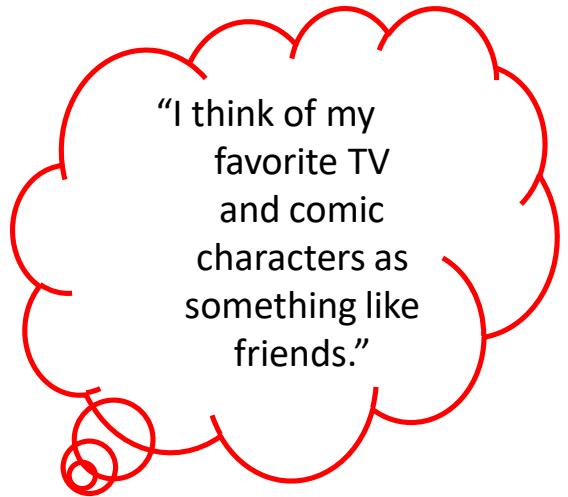


“School is for being around people and home is for doing what I want. I want lots of time alone.”

©2018 Joel Shaul

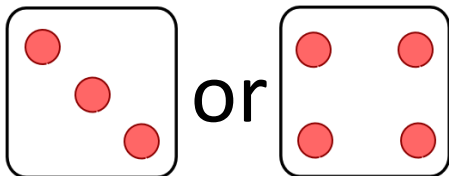


~FIX THE THOUGHT~

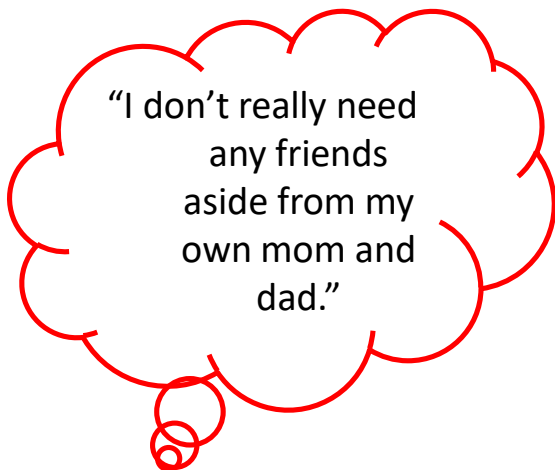


“I think of my favorite TV and comic characters as something like friends.”

©2018 Joel Shaul

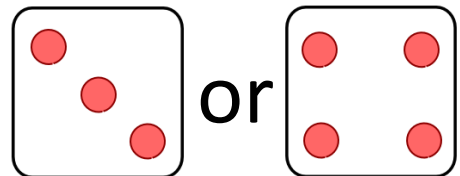


~FIX THE THOUGHT~

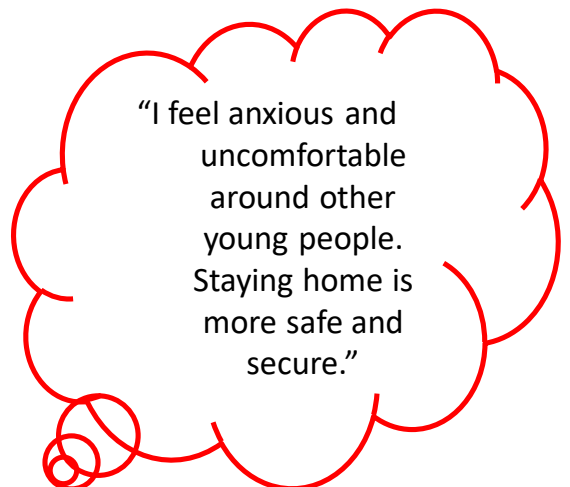


“I don’t really need any friends aside from my own mom and dad.”

©2018 Joel Shaul

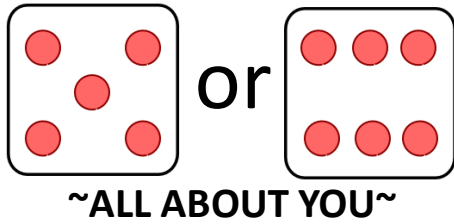


~FIX THE THOUGHT~



“I feel anxious and uncomfortable around other young people. Staying home is more safe and secure.”

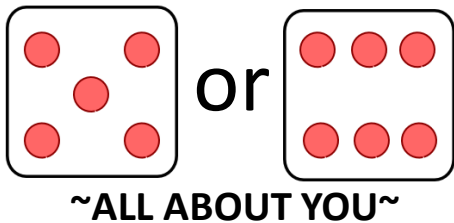
©2018 Joel Shaul



Describe what you did last Saturday between the time you got up until lunch time.

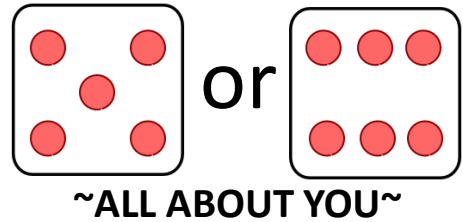
Ask the other players this same question.

©2018 Joel Shaul



What is the most fun thing you did with someone your age last summer?

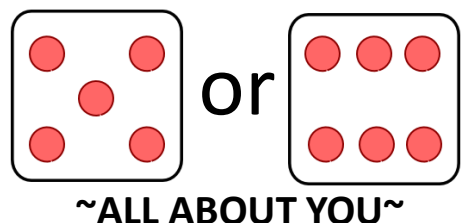
©2018 Joel Shaul



Describe what you usually do on Sunday afternoons between lunch and dinner.

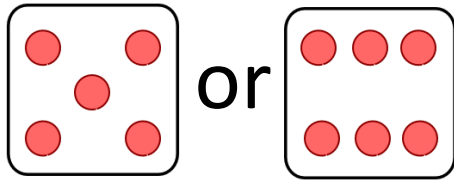
Ask the other players this same question.

©2018 Joel Shaul



What is the most fun thing you have done with someone your age outside of school, in the past month?

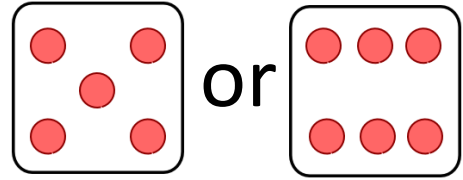
©2018 Joel Shaul



~ALL ABOUT YOU~

Tell about a time when you wanted to hang out with someone your age but there was no one available.

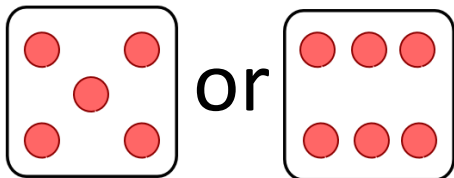
©2018 Joel Shaul



~ALL ABOUT YOU~

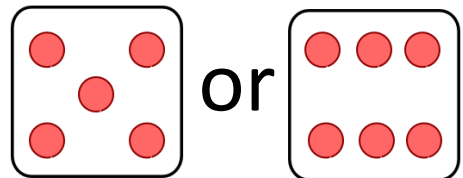
Tell about a time when you played with a kid at that kid's own house.

©2018 Joel Shaul



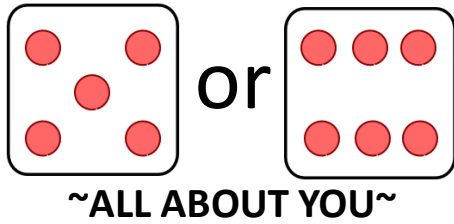
~ALL ABOUT YOU~

Tell about a time when you were doing your favorite thing alone at home, and you started feeling bored or lonely.



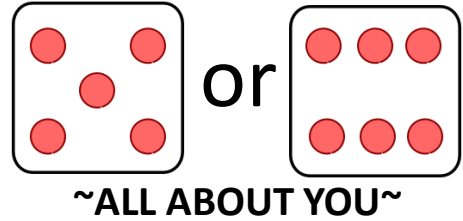
~ALL ABOUT YOU~

Tell about a time when someone wanted you to go be around other people, but you did not want to because you were busy doing something fun by yourself.



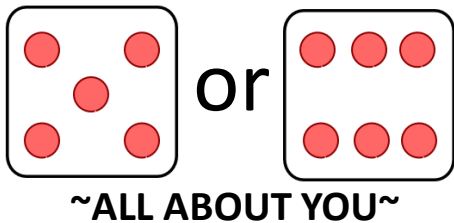
Ask the other people playing this game this question: "What is something nice about me that other kids might enjoy?"

©2018 Joel Shaul



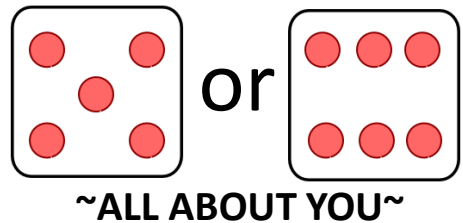
Ask the adult with you: "What is something about me that other people will like when I am grown up?"

©2018 Joel Shaul



Imagine yourself one year from now. Let's say you are a little different than you are now. You are spending a little less time all by yourself and a little more time with others. What is your future life like? What kind of stuff are you doing?

©2018 Joel Shaul



Describe at least seven activities at your house that a kid your age might enjoy doing.

©2018 Joel Shaul