Asking "Why?"

SEL

The Goal: This exercise helps students take a deeper look into their insecurities to find ways to overcome them.

Materials: Room, circle of chairs, Indigo Report, pencil and paper.

Step 1: Have students form pairs—one listener, one talker. Tell the talker to share one of their insecurities with the listener.

Step 2: Have the listener begin asking the talker "Why" questions ("Why does this make you feel insecure?"). There will be five questions each round.

Step 3: Switch roles and do another five rounds.

Step 4: Have the students talk about how they could deal with their insecurities. Ask if any groups feel comfortable sharing.

An Example: "Why" questions could allow one student to express that he wants to do well in school so he doesn't seem stupid because it would make him feel like a loser.

TIP: For individual students that discuss deep or troubling issues, reference their Social Emotional Scores in the Indigo Dashboard.

RAMP (ASCA) Mindset & Behaviors addressed and developed:

Academic: *Critical Thinking; Self Direction / Self Motivation.*
Career: *Communication; Social Maturity.*
Social/Emotional: *Identifying Goals; Perseverance; Coping Skills; Empathy; Self-Confidence; Whole Self.*

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