



Name: \_\_\_\_\_

Class: \_\_\_\_\_ Date: \_\_\_\_\_

## Rejection Remedies

*An extension of "How to deal with rejection"*

When students try out for a sport or audition for a performance at school, they do it hoping that they will be accepted. However, they may be rejected. In fact, each of us may experience being rejected often enough. To stay strong, it is important to know how to deal with rejection.

### INSTRUCTIONS:

1. Read "How to deal with rejection" (page 18, *What's Up* Jan 2017).
2. Divide the class into four groups. In your groups, discuss the following based on the above article and your personal experiences.

*(a) Three examples of when I felt rejected:*

*Example:*

*Example:*

*Example:*

*(b) Whenever I feel rejected, what can I do?*

*(c) What might happen if I don't do anything about feeling rejected?*

3. On your own, design a poster with a message about dealing with rejection.
4. Display all the posters in class for a gallery walk so that all of you can view one another's work.