

## RELATING TO OTHERS



## MY NEW TEAM

**Recognising and celebrating differences makes it easier to get along.**



Rika is sitting at a new table group this term. The group has a team name. They call themselves 'Manakitanga'. This means to show aroha/ love.

Their teacher loves their team name. She wants everyone to be nice to each other and get along but some people are harder to work with than others.

Sam is a member of Manakitanga too. He has lots of ideas. He loves to talk to people.

The other day Rika was having trouble solving a maths problem and Sam's talking was getting on her nerves.

She felt her body getting tense, her face turning to a frown, and her heart beating fast. In her head she was yelling at Sam 'Just be quiet!!!' But she knew Sam would be upset if she yelled at him. So, she stopped and took five deep breaths. She could feel her heart beginning to slow down.



Using a friendly voice she said, "Sam, I really need to get my work finished but its hard and I need to concentrate. Would you mind if Manakitanga was really quiet for the next ten minutes? That would help me a lot."

Sam was looking at her in a funny way. Rika wasn't sure what he was thinking. Then he said, "Am I talking too much?" Rika smiled and nodded. "I usually love listening to you but at the moment I just need to concentrate." Sam smiled and quietly got back to his work.

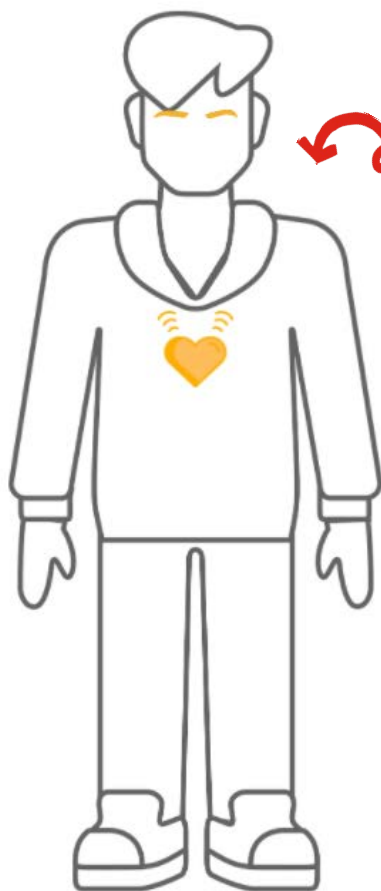
"Thank you Sam," she whispered. "I really like being in Manakitanga with you."

## Our different strengths

With a partner or group discuss these questions:

- What strengths does Sam have?
- What does he have to work on to be a great member of Manakitanga?
- What strengths do you have?
- What could you work on to be a great member of your group/class?

## Managing our emotions



Rika described how she felt when she got annoyed.

Draw the things that might happen or things we might see when someone feels angry.

E.g. Heart beats faster, eyebrows get pulled together.

Rika recognised she was feeling angry.

What did she do before speaking to Sam?  
Was this a good idea? Why?

How did Rika show manakitanga to Sam?

This resource has been kindly reviewed by: **AnxietyNZ**  
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