

SOMETIMES I FEEL...

A

adventurous
affectionate
afraid
aggressive
amazed
annoyed
anxious
apologetic
apprehensive
ashamed

B

bashful
betrayed
bold
bored
brave

C

calm
cautious
cheerful
comfortable
competent
confident
confused
curious

D

decisive
depressed
determined
disappointed
disgusted
distressed

E

ecstatic
embarrassed
energetic
enraged
enthusiastic
envious
excited
exhausted

F

friendly
frightened
frustrated

G

grateful
greedy
guilty

H

happy
helpless
hopeful
horrified

I

impatient
incompetent
indecisive
indifferent
insecure
inspired
insulted
intimidated
irritated

J

jealous
joyful

L

lazy
listless
lonely

M

marvelous
mischievous
miserable
moody

N

negative
nervous

O

optimistic
overwhelmed

P

peaceful
perplexed
petrified
positive
proud
puzzled

R

regretful
relaxed
resentful
restless

S

sad
satisfied
secure
serene
shocked
shy
silly
skeptical
sleepy
sluggish
sullen
surprised
suspicious
sympathetic

T

tense
timid
tranquil
trusting

U

uncomfortable
undecided

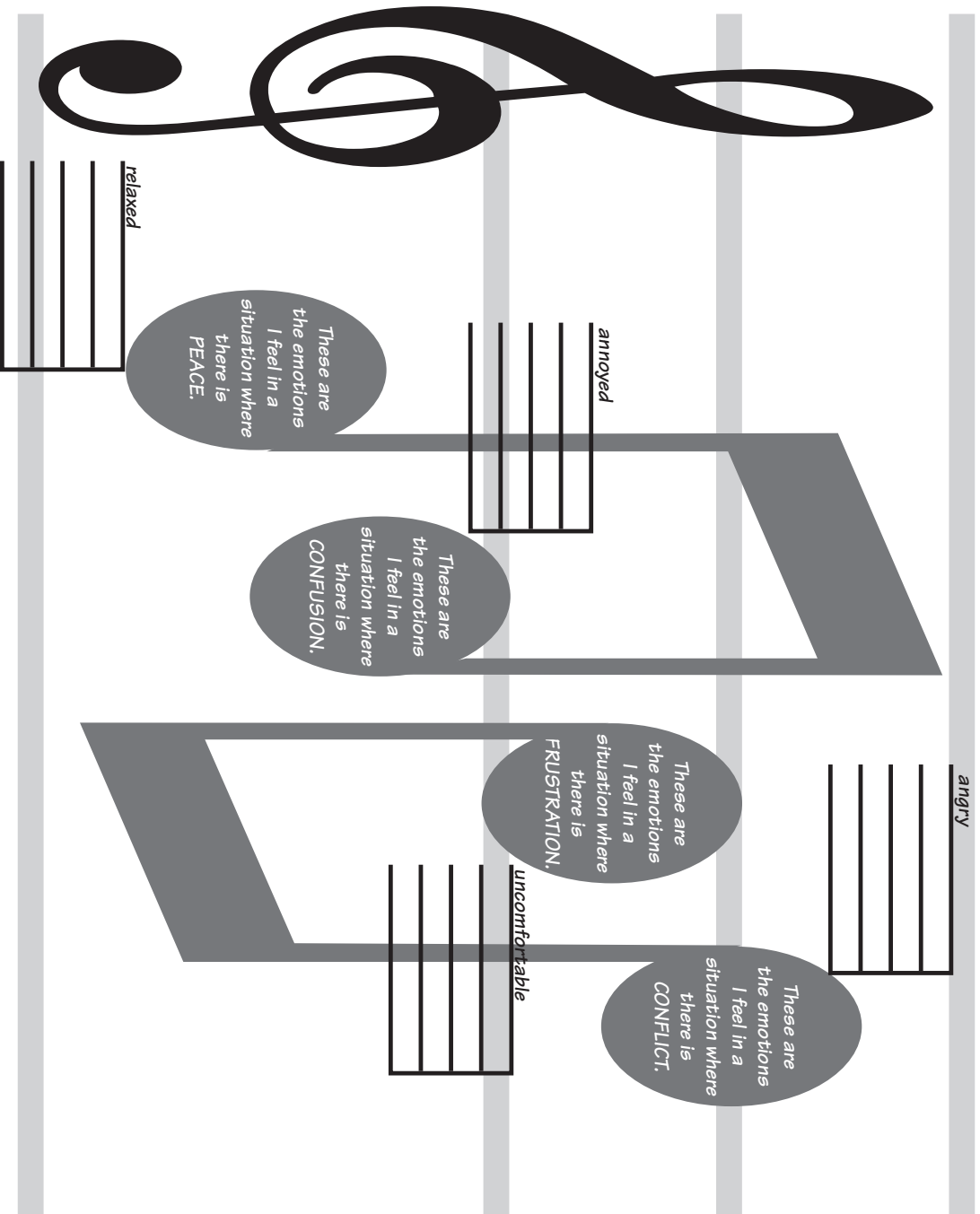
W

wary
whimsical
worried


Z

zealous


SCALE OF EMOTIONS



ACT TWO



Read what each person says. Also, read the text beneath the dialogue to find out what each person meant to say.



PARENT: (*upset, angry*) Where have you been?
(*You're over an hour late, and I've been really worried.*)

SAM: (*defensively*) At school.
(*I got detention and I'm kind of embarrassed about it.*)

PARENT: (*confused*) But school was over an hour ago! What have you been doing?
(*Did you forget that you had a dentist appointment?*)

SAM: (*insulted*) I told you! I was at school! The teacher made us stay late.
(*Don't you believe me? Oops, did I say "us"?*)



PARENT: (*frustrated*) Why?
(*Please just explain why you are so late.*)

SAM: (*anxiously*) Because somebody was throwing spitballs and the teacher got mad, so the class got detention.
(*Well, really just me, because I threw some spitballs.*)

PARENT: (*wary*) That doesn't seem fair, but you should have had enough sense to call.
(*And you weren't involved?*)

SAM: (*resentfully*) Well, the teacher wouldn't let us leave the room!
(*I forgot to call. That's what I should have done.*)

PARENT: (*angry*) That's it! I'm going to call your teacher about this! I had to cancel your dental appointment!



I-MESSAGES

I-messages are a great way to explain yourself when you are upset. When you use them, people are more likely to listen to you and to respond without becoming angry and defensive. Read the example, and then try to write your own I-messages.

EXAMPLE

Someone in your household often forgets to give you your messages.

I feel upset

when you don't give me my messages

because they are important to me.

1. A classmate has started calling you by a nickname that you dislike.

I feel _____

when you _____

because _____

2. Your teacher hasn't called on you all week, even though you've raised your hand.

I feel _____

when you _____

because _____

3. One of your friends often borrows your things and doesn't return them.

I feel _____

when you _____

because _____

CAN SCHOOLS AFFORD DISABLED STUDENTS?

Garret Frey was only 4 when he slipped off his father's motorcycle and severed his spinal cord. Since then Garret, now 16, has been paralyzed from the neck down. He needs round-the-clock care to help him eat and drink, change positions in his wheelchair, suction the tube in his throat and monitor the ventilator that helps him breathe.

Without someone with nursing skills to assist him, Garret could not attend Jefferson High School in Cedar Rapids, Iowa, where he is a sophomore and a B student.

But it costs the Frey family nearly \$20,000 a year for the licensed practical nurse who helps Garret. For years, they have been trying, unsuccessfully, to persuade the Cedar Rapids school board to cover the cost. Last November, their dispute reached the U.S. Supreme Court.

"Disabled kids like me have a right to a free education," Garret says, "without paying for extra care."

But Cedar Rapids Superintendent Lew Finch insists that his school board doesn't have the money to pay for the care Garret needs. He points out that the district already has hired a special teacher associate, purchased a special bus and adapted a computer to accommodate Garret. "You have to ask, where do you draw the line," Finch says. "If the courts open this up, it

could be a bottomless pit."

Garret's case could decide just how far schools must go to aid students with disabilities. Federal law requires communities to offer disabled students full access to public education—and a full range of "special education related services."

But there's no agreement on how much extra care Garret and tens of thousands of other severely disabled students are entitled to. The Freys hope the Supreme Court will state that the law covers services like Garret's nurse.

Garret's insurance has been paying for his nurse. But he has nearly used up his policies, and his family can't afford to pay for the services on their own. If he loses his case, he might have to finish high school from home.

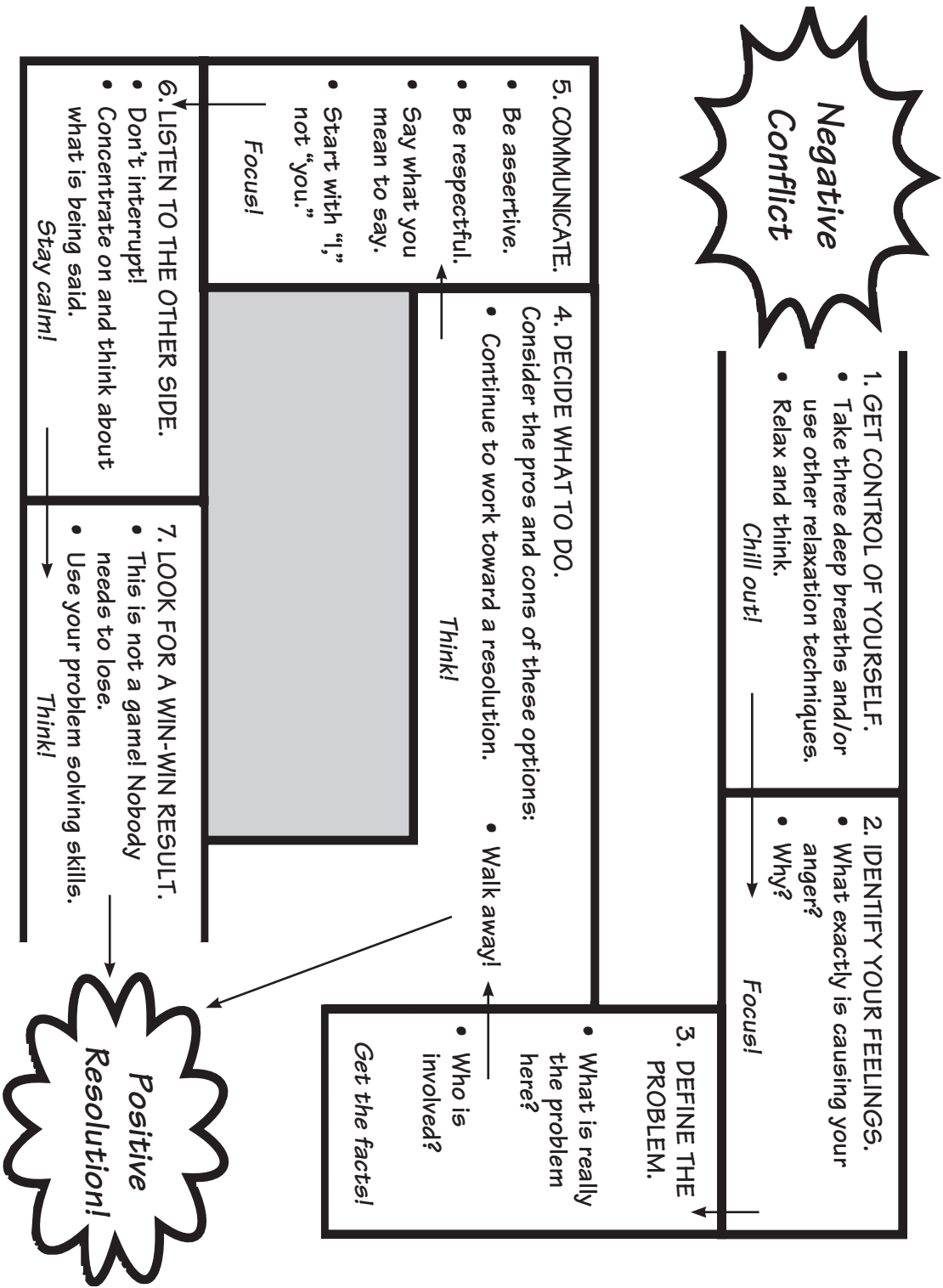
Garret's case has made headlines, but he says he's not looking for any extra attention. "A couple of kids asked me if I thought I was a role model," he says. "I don't think of myself that way, but if my case can help change things, I think that would be good."

The court is expected to issue its decision this spring, but it won't be soon enough for Garret. "I wish it would all be over," he says, "and I hope it will help other kids."

—Susan Hansen

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COVER ALL BASES



DILEMMAS



1. You are playing soccer with your classmates during lunch. Some players are pushing and shoving each other during the game. As everyone walks back to class, someone throws a punch at you. What do you do?

2. Your friend is in a bad mood because she got grounded for a week. You are talking about going to a movie, when she suddenly starts yelling at you. The next thing you know, you're in an argument. What do you do?

3. Your brother has been teasing you all afternoon. You throw a pillow at him and tell him to back off. He throws the pillow back at you and knocks your glasses off your face. What do you do?

4. You hear that someone is accusing you of stealing a jacket. This person lost a jacket that looks just like yours. This person hangs around with a group of people that you try to avoid. What do you do?