

Joining Others: When It Gets Difficult

Joining others can sometimes be difficult. People give 'closed door' signals from time to time and when it happens, you may feel a bit **disappointed** or **left out**.

It's a good idea to try to **move on** from feeling **disappointed** and not get stuck.



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Remind yourself that people sometimes just want to spend time with one friend and don't always want to include others.

Try and have a **back-up** plan of what you're going to do if you don't get to join in.

LOOKS LIKE THE
DOOR'S CLOSED.

I'LL CHECK OUT THE
SCIENCE EXHIBITION
FLIER I'VE GOT.



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Doing something that you enjoy usually makes you feel better. It may also make you look good to others.



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Another idea is to try to join in with other people that you like.



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Talking to someone who cares
can also really help.

1. HOW WAS
SCHOOL?

3. WHAT DID YOU
DO INSTEAD?

2. I TRIED TO JOIN RYAN
AND SARAH AT LUNCHTIME BUT
THEY DIDN'T LOOK UP SO I
MOVED ON.

4. WELL, I CHECKED
OUT ABOUT THE SCIENCE
EXHIBITION.

THEN I SAW SAM ON
HER OWN SO I WENT OVER AND
JOINED HER.



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5. COOL! YOU LOOK GOOD WHEN YOU'VE GOT THINGS TO DO.

...AND SAM'S GREAT TO SPEND TIME WITH.

7. WELL, YOU MIGHT GET A CHANCE NEXT TIME. YOU KNOW YOU CAN'T ALWAYS GET PEOPLE WHEN YOU WANT THEM.

HOW ABOUT DOING SOMETHING YOU ENJOY LATER?

6. GUESS SO...BUT I DIDN'T GET TO TALK TO RYAN ABOUT THE SCIENCE EXHIBITION.

8. OKAY.



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Do something that you **enjoy**.

