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Can I play with you?


Illustrations:
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+
guidelines
for adults


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Prika govno puka de otro

BUILDING RESILIENCE:

• social skills • strategies for developing quality relationships




It was an early morning when Mona came to the kindergarten with her mom. She kissed her and told to see her later in the afternoon.

Her friends from the *Balloons* group were already out in the yard. It was a warm and sunny day, so they were enjoying the fresh air.

Some of them were playing hide-and-see, the others were playing with ball or building castles in the sandbox. One smaller group was sitting on the grass, talking loudly about dinosaurs.

– Good morning, Mona! Come and join us! – the teacher was cheerfully waving at Mona.

Mona greeted the teacher in a very quiet voice but did not approach her. She just stood there, looking down and wrinkling her dress with one paw.



The teacher approached Mona and said cheerfully: - You arrived just in time! We just came outside to enjoy this sunny morning. Your friends are already playing, so you can join them right away.

But Mona still stood there and said nothing. She felt a little insecure.

- Just look at this cheerful group! Who do you want to join in the game with? - the teacher continued to question her.

Mona shrugged her shoulders and mumbled: - I don't know.

- Look at what they're playing. What do you find the most interesting? Playing in the sandbox seems interesting to me. Look at the tall towers that Ian and Sarah have built. Do you want to play with them in the sand? - the teacher suggested.

To this, Mona quickly said: - No.

- I remember you enjoying hide-and-seek yesterday. And I know you're very good at hiding. Would you like to play hide-and-seek again? - the teacher proposed another idea.

To this suggestion, Mona nodded her head and mumbled: - Yes, I would.

- Great, let's go! - the teacher reached for Mona's paw to take her to her friends who were already in the middle of the play, but Mona was still not willing to move. She was still feeling insecure. She didn't have enough courage to join the group of friends.



The teacher then suggested that they go together to the group of her friends and tell them that she wants to join them in playing. Mona firmly grabbed the teacher's paw and immediately felt somewhat relieved and a little safer. She was glad she didn't have to go alone.

– It seems to me that you want to join your friends in playing hide-and-seek, but this is not very easy for you. Maybe you don't know how to approach them? – the teacher asked Mona, and she nodded her head. The teacher continued: – I know sometimes it can be difficult to join a game that has already started. It's hard for all of us sometimes. We can start by thinking about what you would prefer to do in this game. Do you like to hide more or would you rather look for friends?
– I like to hide more. – Mona answered quietly.
– Excellent choice, Mona. I too think you are very good at hiding. – the teacher encouraged her. Mona smiled but she was still very shy. She remembered how much she enjoyed playing hide-and-seek and how much fun it was to look for a hiding place in the yard.

– Everyone, Mona has arrived at kindergarden. – the teacher said to the little animals who were running around looking for a place to hide. They all stopped for a moment and happily greeted their friend Mona.

The teacher looked at Mona, nodded, and smiled gently at her. It was a sign of support and encouragement. Mona also nodded at the teacher, smiled, took a deep breath, and asked: – Can I play hide-and-seek with you?

– Yees! Mona, you're counting! – the puppy shouted happily.

– But I would rather hide. – Mona answered him.

– Okay! I like counting, and you can hide... 1, 2, 3... ready or not, here I come! – the puppy was fast, so Mona had to run fast, looking for a place to hide.

