

# Brush off!

## #ELSAFREEFRIDAY



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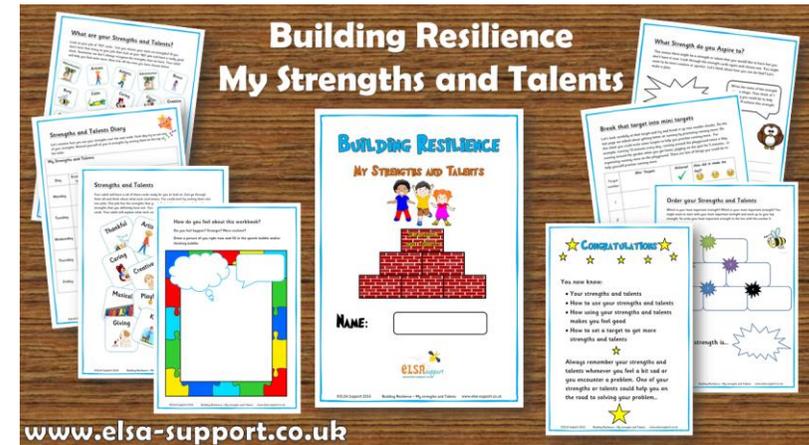
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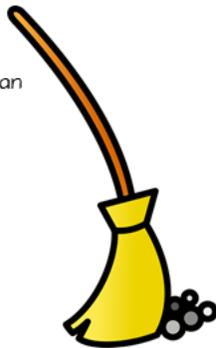
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# Brush off!

When someone gives you the 'brush off' they are rejecting you. Everyone gets the 'brush off' from time to time and it does hurt. It can actually hurt inside of you as much as a physical pain. What can you do about it? How can you make yourself feel better? How can you bounce right back and 'brush off' those feelings of rejection?



- 1.** Think about a time when someone gave you the 'brush off' (rejected you). What happened? How did you feel? Write or draw below.

EXAMPLE

I asked if I could sit next to Samantha at lunch time and she told me to go away!

I felt... **sad**

- 2.** Why do you think you were given the 'brush off' (rejected). Look at this from the other person's perspective. This might not be about you! Try and think of 3 reasons why, that are NOT about you.

1. She might have been saving the seat for someone else
2. She might want to be on her own
3. She might not want anyone to see her pack up

- 3.** What could you have done about the 'brush off' (rejection)?

1. Ask to sit with someone else and brush off the sad feeling.
2. Tell Samantha that she made me feel sad. She might not realise.
3. Sit by myself and put a brave smile on my face. Someone will come and sit with me

- 4.** Benefits for NOT rejecting you. Give 3 reasons why you shouldn't have been rejected. What great things about you is the other person missing?

I am funny and know some great jokes.

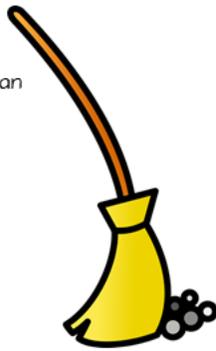
I have lots of interesting things to talk about.

I know of some great games that we could have played after lunch

REMEMBER TO BRUSH OFF THOSE FEELINGS OF REJECTION. LET THOSE FEELINGS GO...KEEP ON TRYING

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- 1.** Think about a time when someone gave you the 'brush off' (rejected you). What happened? How did you feel? Write or draw below.

I felt...

- 2.** Why do you think you were given the 'brush off' (rejected). Look at this from the other person's perspective. This might not be about you! Try and think of 3 reasons why, that are NOT about you.

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

- 3.** What could you have done about the 'brush off' (rejection)? How would that make you feel differently?

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

- 4.** Benefits for NOT rejecting you. Give 3 reasons why you shouldn't have been rejected. What great things about you is the other person missing?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

REMEMBER TO BRUSH OFF THOSE FEELINGS OF REJECTION. LET THOSE FEELINGS GO...KEEP ON TRYING

# Has someone given you the 'brush off'?



Say to yourself...



It's their loss! I  
am amazing!

Read this quote and BELIEVE IT...



**Rejection doesn't mean you aren't  
good enough. It means the other  
person failed to see what you had to offer**

~Mark Amend~



Brush off the feelings of rejection and move on!  
Let the feelings go. It is NOT your problem. It is THEIR problem  
You are incredible!