



Asking “Why?”

The Goal: This exercise helps students take a deeper look into their insecurities to find ways to overcome them.

Materials:

Room, circle of chairs, Indigo Report, pencil and paper.

Step 1: Have students form pairs - one listener, one speaker. Ask the talker to share one of their insecurities with the listener.



Step 2: Have the listener begin asking the speaker “Why” questions like, “Why does this make you feel insecure?”. There will be five questions each round.

Step 3: Switch roles and complete another round of five “Why” questions.

Step 4: Have the students talk about how they could deal with their insecurities. Ask if any groups feel comfortable sharing.

Example: *The “why” questions may enable a student to share their desire to excel in school so they seem intelligent to others. The student fears performing poorly in school as this causes the student to feel inadequate or like a “loser.”*

TIP: For individual students that discuss deep or troubling issues, reference their **Social Emotional Scores** in the Indigo Dashboard.

RAMP (ASCA) Mindset & Behaviors addressed and developed:

Academic: Critical Thinking; Self Direction / Self Motivation.

Career: Communication; Social Maturity.

Social/Emotional: Identifying Goals; Perseverance; Coping Skills; Empathy; Self-Confidence; Whole Self.