

## High, Low, and Hopeful Discussion

Have children sit in a circle to discuss the emotional needs of foster children. Instruct them each to think of a high, a low, and a hopeful experience or feeling from the past week.

After giving them a few minutes to think about it, allow each of the children to share. Then ask them to think about a foster child and how their highs and lows might be different or similar to their own.

Describe Sally's high, low, and hopeful (a fictitious foster child) as follows:

High - "I saw my brother at a visit this week"

Low - "Kids at school made fun of my bruises"

Hopeful - "My foster mom spent one-on-one time with me"

Ask for children to consider their own feelings...

How would they feel if they only saw their siblings once or twice a month?

How would you feel at school if people didn't know you had a hard life?

How would you feel if kids were making fun of you for something you couldn't help?

How would you feel if an adult spent individual time doing something YOU got to pick?