



The Good Eggs

Chapter 1: Understanding (September)

Chapter Review:

Seggourney, Reggie, Gregory, and Megg (the Good Eggs) are trying to figure out why the new Egg, Benedict, is so anti-social and appears to be so angry. They are trying to understand his situation in order to help him. Finally, after some time, they found out that Benedict was sad because he had to move due to his dad getting a new job. Luckily, Reggie went through a similar struggle when his family first moved to Albumen. Reggie was able to use his past experience to make a connection with Benedict. The rest of the Eggs listened and offered advice, too. In the end, Benedict found love and support in his new friends because he got to share his story. His new friends listened and understood.

The Lesson:

The best way to understand is to first listen. When we allow the other to share their story and we truly listen with an open mind and open heart, we *stand under*. When we *stand under*, we can truly understand.

Overview:

Creating a story of someone who is reluctant to talk about something that is bothering them for fear of not being understood, then role playing with a friend to work it out.

Materials:

A piece of loose-leaf paper, pencil, a friend, some imagination to create a story (or use a real-life situation).

Benedict was reluctant to share his story of moving but when he did, he felt so much relief.

Have your students create a story about someone who is scared to share something that is bothering them for fear of not being understood. You can use a real-life situation if they like. It might be about moving (like Benedict), or a bad grade, family situation, or a conflict with a friend. Write it down.

The Good Eggs knew something was troubling Benedict and took the time to care and understand him without first judging his actions.

Ask for volunteers to read their story to the class. Then have the volunteer ask the class how they would handle the situation they wrote about. The hope is that several different solutions can be talked through as a class, offering understanding and compassion.

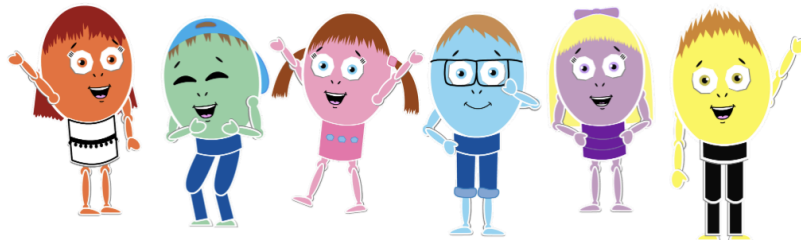
Be a Good Egg!

Flip the script! Have the volunteer tell how he/she would handle the situation they wrote about. Can they choose a favorite solution that was discussed as a class? Why was it their favorite?

Reflection:

Sometimes, in an effort to console another, we might use the phrase, “I understand what you are going through.” Through past experiences we may have some knowledge of similar circumstances which can be helpful, but can we ever completely understand the place and situation of another? We may be able to sympathize or possibly even empathize with another, but we never really stand in their shoes. We may be able to relate to another’s feelings in some way, but because we are individuals, we don’t all think and feel in exactly the same way.

Try to think of a time that you had to use understanding about someone's perspective or needs, and share that experience with your class. They will emulate you the next time they need to use some understanding, perhaps with their friends!



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