

PERSPECTIVE DETECTIVE

Don't Jump to Conclusions!

- Pause
- Check the Facts
- Look at Another Perspective

1 WHAT DO YOU KNOW?



Loyal walks into class and the two girls suddenly stop talking.

What is the FACT?

- ☐ A. The girls were talking about Loyal.
- ☐ B. The girls stopped talking when Loyal entered.

2 WHAT ELSE COULD BE TRUE?

The girls were actually planning a surprise birthday card for Loyal!



Write or draw 2 other reasons the girls might have stopped talking.

1.
2.

3 IDEA OR PERSON?

Heart says, "I don't think that idea will work." Loyal feels hurt.

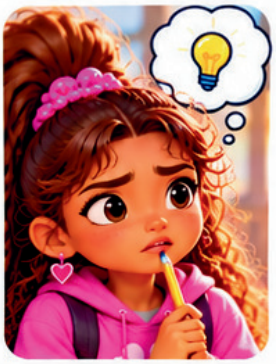


Is Heart criticizing Loyal as a **PERSON**, or questioning her **IDEA**?

- ☐ A. Criticizing the person.
- ☐ B. Questioning the idea.

4 THINK LIKE A DETECTIVE

Use the 3 questions to look at another perspective.



1. What do I **KNOW**? (Write the facts.)
2. What am I **ASSUMING**? (What stories am I telling myself?)
3. What **ELSE** could be true? (What are other possibilities?)

5 YOUR TURN!

Read each situation. Write or draw at least TWO different explanations. There is often more than one way to see a situation!

A A friend walks right past you without saying hello.



1.
2.

B Your friend doesn't respond to your text right away.



1.
2.

C A classmate doesn't pick you for their team.



1.
2.

CHALLENGE

Think of a recent time you got offended.
Write or draw what happened and one other possible explanation.



Lessons with Momi

DON'T EASILY GET OFFENDED!

CHECK THE FACTS!

EXCEPTIONAL KID ACADEMY
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6 WHAT COULD BE TRUE?

Situation. Think of at least **TWO** other possible reasons. There is often more than one way to see a situation!

A Two students laugh when you walk by.



1.

2.

B A friend doesn't respond to your text.



1.

2.

C A classmate says, "I don't think that idea will work."



1.

2.

7 DETECTIVE THINKING

For each statement, decide if it is a **FACT** or an **ASSUMPTION**.

1	The girls stopped talking when I walked in.	☐ Fact	☐ Assumption
2	They were talking about me.	☐ Fact	☐ Assumption
3	My friend didn't say hello today.	☐ Fact	☐ Assumption
4	They might be planning a surprise.	☐ Fact	☐ Assumption
5	My classmate said my idea won't work.	☐ Fact	☐ Assumption
6	They think I'm not smart.	☐ Fact	☐ Assumption

8 TRY A NEW RESPONSE

Choose a situation from page 1 or 2. Write how you can PAUSE and respond using the 3 questions.

What do I KNOW? (Facts)

What am I ASSUMING? (Stories I'm telling myself)

What ELSE could be true? (Other possibilities)

My new response (What can I say or do?)

9 CREATE YOUR OWN SCENARIO

Write or draw a situation where someone might feel Offended. Then write TWO other possible reasons it could have happened.

1.

2.

10 YOUR PERSPECTIVE DETECTIVE BADGE

You did it! You practiced checking the facts and looking at another perspective! Color your badge and name it.



I WILL REMEMBER:

- ☐ Pause.
- ☐ Check the facts.
- ☐ Look at another perspective.

My feelings are real, but my first thought isn't always the whole story!