



Friendship...Character...Community...

Friends Forever Girls: Kyleen and the Birthday Party Exclusion!

Kyleen sat on the steps of Nana Rosa's front porch - her eyes red and swollen. This has truly been the worst day of my life, Kyleen thought as she rested her head in her hands. How could she? How could Sammie invite everyone else to her birthday party but me?

"Good afternoon Kyleen," Nana Rosa said as she walked from her side yard with her gardening gloves on. "Except, judging by the way you look, it doesn't seem to be so good."

"Oh, it's not, Nana Rosa. In fact, it's horrible. The worst day of my life - ever! Nobody likes me; I'm the only one in the world who's not invited to Sammie's birthday party." Nana Rosa didn't like seeing Kyleen so upset. In fact, she hurt when any of the Friends Forever Girls were hurting.

"Oh dear, Kyleen, tell me what happened?" Nana Rosa asked with concern.

"Well, I was walking to my locker when Marlee and Kristina were skipping down the hallway towards me, waving their party invitations they just received from Sammie.

They were giggling and laughing and asked me if I was going to wear my new swim suit to Sammie's birthday party. She's having a pool party and I'm not invited."

"Honey, how do you know you're not invited? Maybe you'll--"

"I know I'm not invited," Kyleen interrupted. "I saw Sammie as I was walking out of school and she just smiled at me, and told me good luck on my math test tomorrow. Why? Why wouldn't she invite me? I feel so left out. All my friends are going to her birthday party but me. What's wrong with me? Nana Rosa, why doesn't she like me?" Kyleen was so disappointed. Not being invited to a birthday party and feeling left out feels so horrible.

"You know, Kyleen, I can think of some reasons why you may not have been invited to the party and they have nothing at all to do with Sammie not liking you. I know it doesn't feel good, but just because you're not invited to a party does not mean you're not liked." Nana Rosa poured some lemonade for Kyleen from a pitcher on the table and continued, "I remember when I was a young girl. I was planning my birthday party with my mom. I wanted to invite all of my friends; there must have been 15 people on my list. But my mom told me I could only invite five friends. Kyleen, it was the hardest decision of my life. I didn't want to hurt anyone's feelings. "

"But why me? Why couldn't I have been invited?" Kyleen was so confused, but was also starting to understand what Nana Rosa was saying. Last week her mom said she could invite two friends to go to the movies. It was hard for her to pick, so she just put Marlee, Nika, Reina, Natalie and Kristina's name on pieces of paper and picked them from a hat. She picked Nika and Natalie. Just because the other girls weren't invited didn't mean she didn't like them. But, she and Sammie had always been friends. They

always got along really well. But, she also knew that if her mom had told her that she could only invite 5 friends, it would be a really tough decision to make. “Okay,” said Kyleen. “It’s really crummy to not be invited. I feel really left out, but I guess I understand. I just wish I felt better about it.”

“Kyleen, when I feel left out, or uncomfortable, trying these things always makes me feel better...”

Using the Butterfly Promises and some ideas of your own, what are some ways to make yourself feel better when you feel left out? What are some different ways to think about the situation?

The Butterfly Promises

- Be the best I can be
- Use kindness and be fair
- Tell the truth
- Treat others the way I want to be treated
- Encourage my friends
- Respect myself and others
- Find the courage to do what’s right
- Listen to others

And remember...

- You can do it!