

A

A

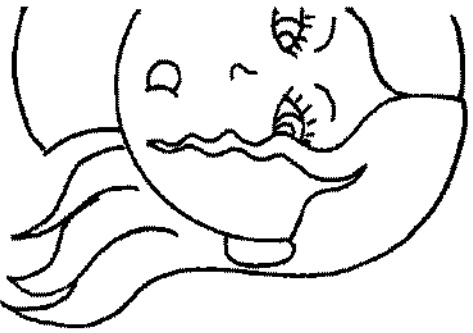
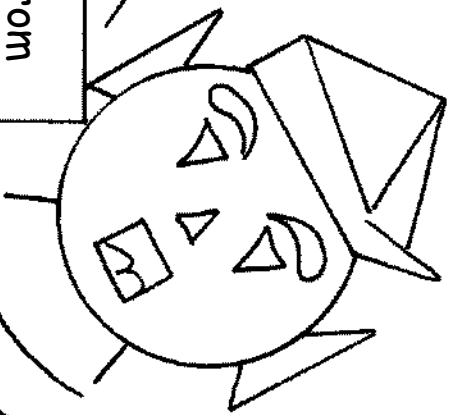
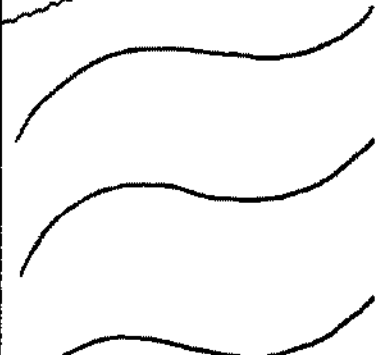
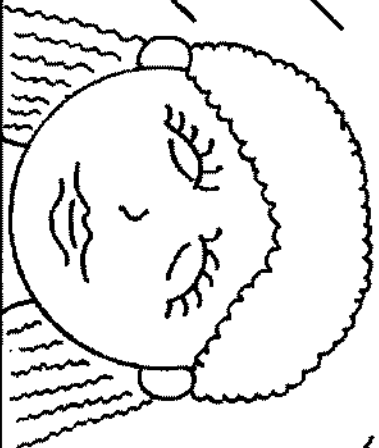
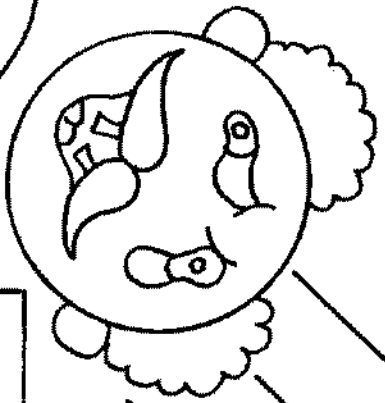
A

A

A

A

A



It can feel like the worst thing in the world to be excluded from the group. It's human nature to want others to like us, and so when they leave us out, it can make us sad, upset, and angry all at the same time. We know how it feels. In fact, every single person whose ever lived has been excluded from time to time, even the most popular kids. So even though it feels bad in the moment, if it happens to you, know you're not the only one. Kids can act crazy at times, and they can do many hurtful things without good reasons to. They can be friends one moment, calling each other names the next, and then go back to being friends again. So try not to get too upset over playground politics. In time, people have a tendency to come around, especially if you keep your cool and treat them better than they treat you.

