

WHAT'S HAPPENING?

Kids in back-seat of car, Parent in front, Sibling 1 annoying Sibling 2.

CHOOSE YOUR ROLES!

1. Parent (Mum/Dad): Driving car
2. Sibling 1: Younger child... a little annoying.
3. Sibling 2: Older child – trying not to snap!

SCENE 1: PLAYFUL BUT ANNOYING

- **Sibling 1:** Start annoying/jabbing your sibling in a playful/smiley way (gently!!)
- **Sibling 2:** Look a bit annoyed, don't react yet.
- **Parent:** You're relaxed and happy, driving along, unaware of what's going on.

Pause for discussion

SCENE 2: RAISING EMOTIONS

Actors: Do what you were doing in scene one... playful annoying.

Pause for discussion

Actors use speedy/jerky movements to show...

- **Sibling 1:** Be more annoying! Less smiley/playful.
- **Sibling 2:** Try to ignore it, move away, then get angry! Push their hand away, then tap on the parent's shoulder to get their attention.
- **Parent:** Drive normally, ignore arguing, then when your shoulder is tapped, swerve the car, yell at the kids, and look angry / stressed.

Pause for discussion

SCENE 3: DEALING WITH THE SITUATION IN BETTER WAYS

PART 1: Finding solutions

- **Actors:** Re-start the scene (playful annoying)

Pause for discussion

PART 2: Trying kindness... and this time around it helps!

- **Sibling 1:** Start being playful and a little annoying
- **Sibling 2:** (Use idea from the class) eg: Smile, "What's up? You seem a bit wriggly and upset?"
- **Sibling 1:** Stop annoying the sibling.

Pause for discussion

PART 3: *Trying kindness... this time it won't help!*

- **Sibling 1:** *Start being playful and a little annoying*
- **Sibling 2:** *Smile, ask: "What's up? You seem a bit wriggly and upset?"*
- **Sibling 1:** *Become more annoying!*
- **Sibling 2:** *Look shocked.*

Pause for discussion

PART 4: *The parent is tired and gets annoyed*

- **Sibling 1:** *Starts annoying*
- **Sibling 2, ask:** "What's up? You seem a bit wriggly and upset?"
- **Sibling 1:** *Keep annoying!!*
- **Sibling 2:** *Tell on the sibling (in a loud and annoying way). "Muuuum / Daaaaad, _____ (sibling's name) is being reeeeeeeeeeally annnnnnoying!!"*
- **Parent, snap at Sibling 2:** "Stop being such a nark. I'm sick of it. It's really annoying!"
- **Sibling 2:** *Look shocked!*

Pause for discussion

PART 5: *This time the parent will help*

- **Sibling 1:** *Starts annoying*
- **Sibling 2, ask:** "What's up? You seem a bit wriggly and upset?"
- **Sibling 1:** *Keep annoying!*
- **Sibling 2:** *Ask the parent for help in a calm way, "Hey, something's up with _____ (sibling's name). He/she keeps trying to annoy me, and I'm finding it hard to to stay calm."*
- **Parent say:** "Okay, nice keeping calm. I'll stop the car, so you can come over to the front seat. Then perhaps when we get there you can tell me what's going on _____ (younger sibling). I'd be really keen to hear if something's bothering you."

Pause for discussion