

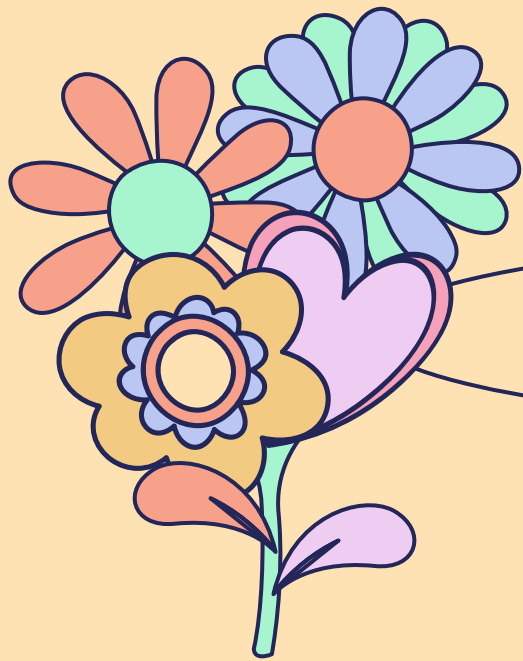
# 交朋友的各種情況



交朋友看似簡單  
其實好難啊~



## 交朋友的各種情況



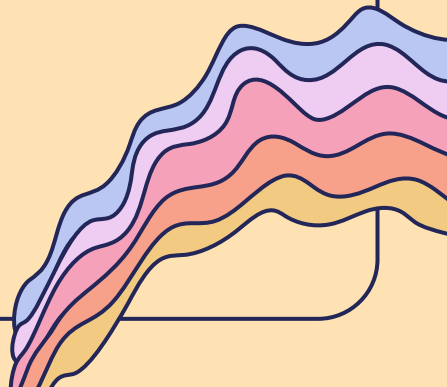
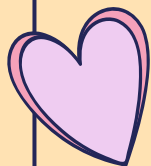
表達自己的小撇步

## 溝通小技巧：我訊息



- 「我」開頭。
- 說出：具體事件、對此事的感受、期待
- 避免絕對性字眼、「你」

我常常被你開玩笑罵智障和白癡，我聽起來很不舒服，希望可以開別的玩笑

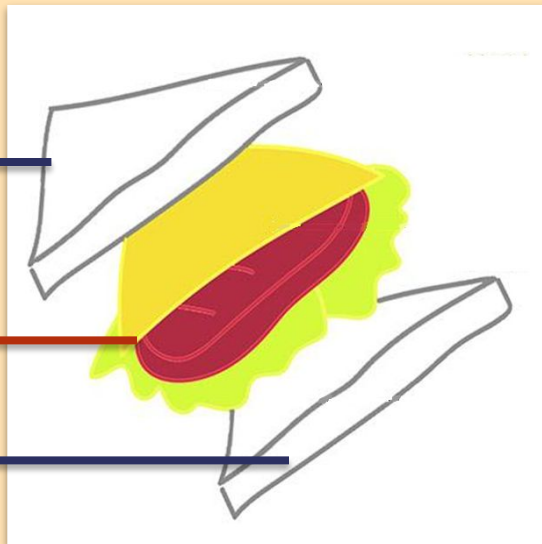


## 溝通小技巧：三明治法

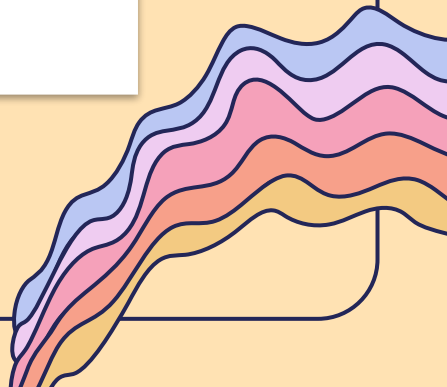
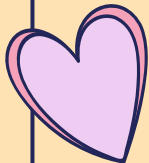


- 肯定稱讚擺前後

- 核心建議擺中間



你很認真念書，但立可帶用完應該還我，你之前自己買的那款也很好看



# 交朋友的一百種情況



## 解決困境的小策略

P.97

## 阿正與小華的交友困境

阿正與小華原是時常一起打球的好友，不知發生何事，小華最近變得有點冷淡，連分小隊時也沒有找阿正同隊，落單的阿正一氣之下，故意下課都找別人打球，小華覺得阿正刻意孤立自己，也沒給阿正好臉色看，一日兩人在走廊不小心碰到對方，差點打了起來……。

## 阿正的問題解決策略

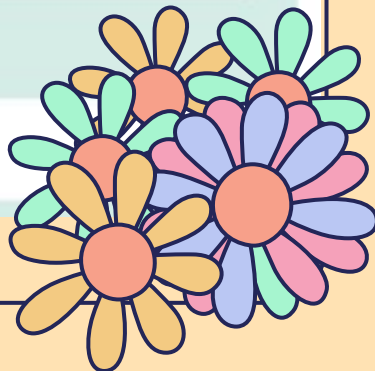
**步驟1** 澄清問題，找出有疑問、待解決的具體事項。

- 阿正真正在意的問題是什麼？ 分小隊時不找自己同隊，不夠朋友。



**步驟2** 覺察自己和同理對方的感受。

- 阿正和小華各自的感受為何？ 可能都對對方感到生氣。



步驟3 運用創造力想出多種不同解決方法。

- 阿正有哪些解決方法？

策略選項1

直接問小華為什麼找別人同隊。

策略選項2

阿正可以找小華打球，順便問分小隊時發生什麼事。

步驟4 評估解決方法可能產生的後果。

- 預測執行的後果。

後果評估1

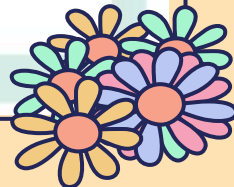
若是口氣不好，小華可能會覺得莫名其妙、壓力很大。

後果評估2

應該氣氛較自然、比較不會太尷尬。

步驟5 依循後果評估選擇最佳的行動方案。

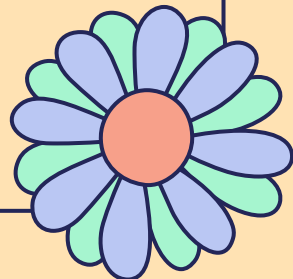
- 找出最佳解決方法。阿正可以找小華打球，順便問分小隊時發生什麼事，與對方溝通清楚、了解對方的想法。



## 困境情況-1

- A、B和C是好朋友，有一天A感覺到B和C好像比較要好，有些話都不跟自己說，想糾B或C玩的時候，他們也常拒絕，B和C卻常常兩個人一起玩，A感覺有點在意...

3-5人一組  
依照P.99五步驟  
將您的答案寫在P.99

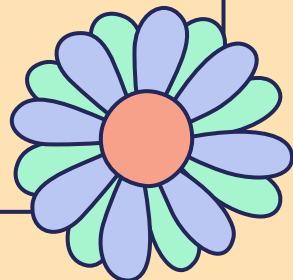




## 困境情況-2

- A和B是很好的朋友，但A常常會有些習慣動作，比如用力拉B的手甩來甩去，B知道A只是跟自己太熟了，所以沒注意，但是有時候真的手很痛，B在想要怎麼解決...

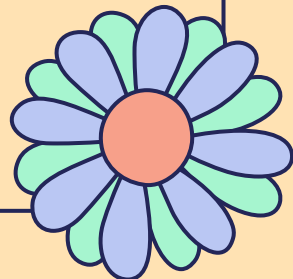
3-5人一組  
依照P.99五步驟  
將您的答案寫在P.99

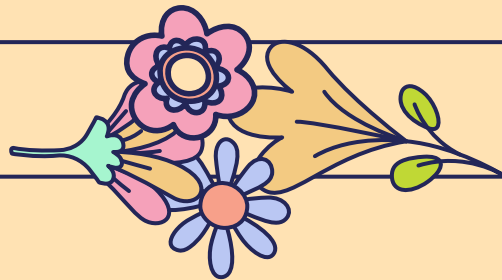


## 困境情況-3

- A和B是很好的朋友，但有一天A發現B把自己的秘密說出去了，A覺得很生氣，感覺被兄弟/閨密給出賣了，A在想要怎麼讓B知道自己錯了...

3-5人一組  
依照P.99五步驟  
將您的答案寫在P.99



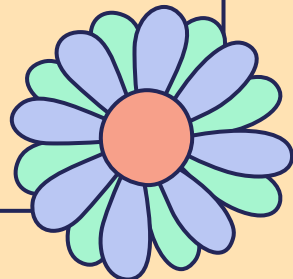


我們習慣以舊有的方式應對人際困境  
有時因此重複遇到挫折

練習將思考分解成小步驟  
可以更清楚自己思考的過程  
也更有機會改變與調整

# 網路交友

- 哇啦啦



# 70'S ARE BACK AGENCY INFOGRAPHICS



1

**VENUS**

Venus has extremely high temperatures



2

**EARTH**

Earth is the beautiful planet where we all live



3

**MERCURY**

Mercury is the smallest planet of them all

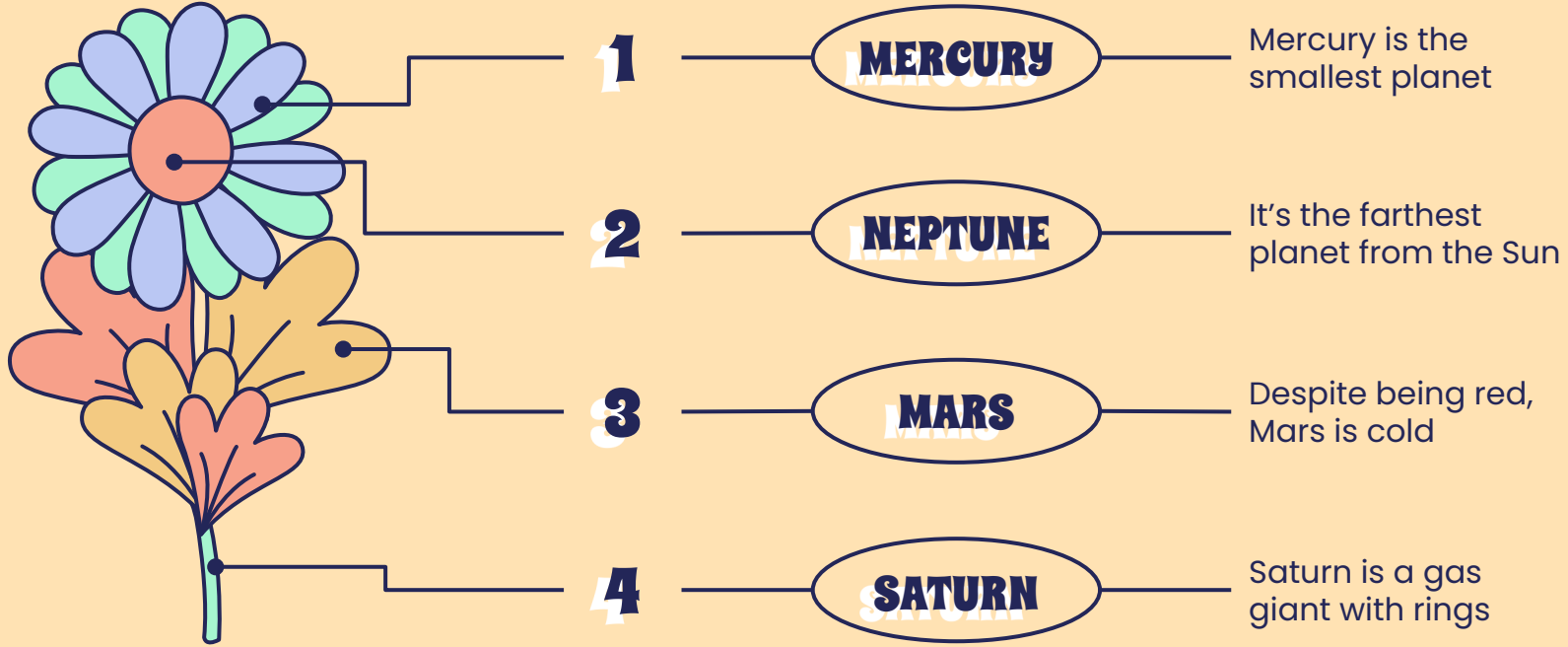


4

**JUPITER**

It's the biggest planet in the Solar System

# 70'S ARE BACK AGENCY INFOGRAPHICS



# 70'S ARE BACK AGENCY INFOGRAPHICS

## VENUS

Venus is extremely hot,  
even more than Mercury

## MARS

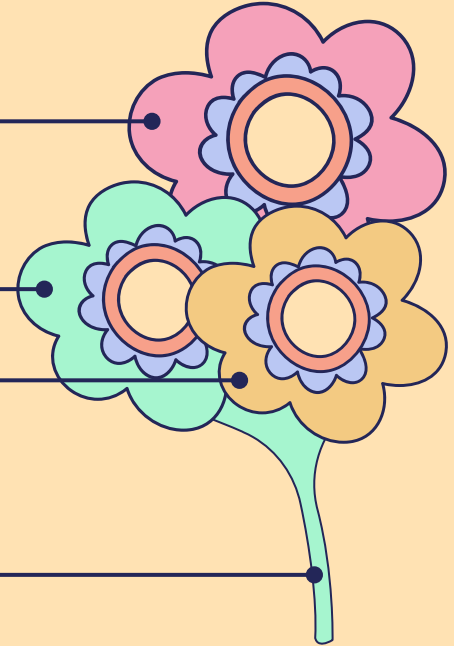
Despite being red, Mars is  
actually a cold place

## NEPTUNE

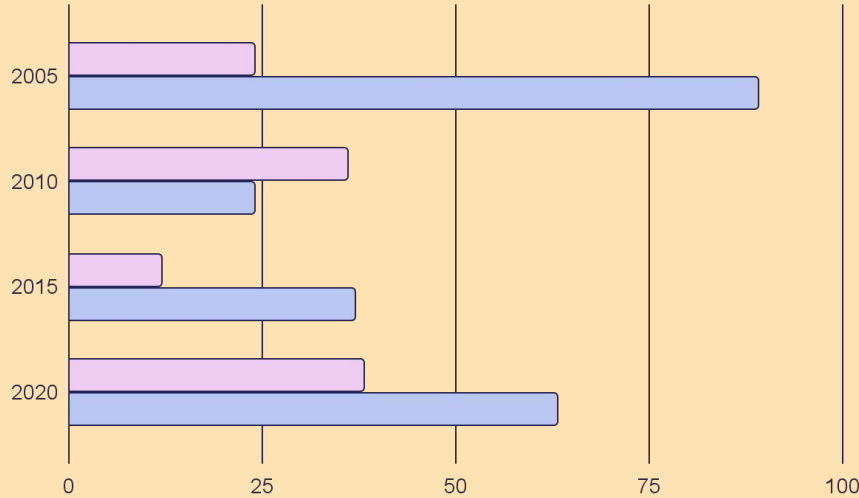
Neptune is very far away  
from the Sun

## EARTH

Earth is the beautiful  
planet where we all live



# 70'S ARE BACK AGENCY INFOGRAPHICS



25%

## VENUS

Venus has extremely high temperatures

75%

## EARTH

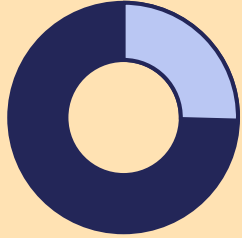
Earth is the beautiful planet where we all live

Follow the link in the graph to modify its data and then paste the new one here. **For more info, click here**



# 70'S ARE BACK AGENCY INFOGRAPHICS

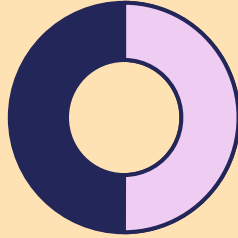
25%



**VENUS**

Venus has a beautiful name

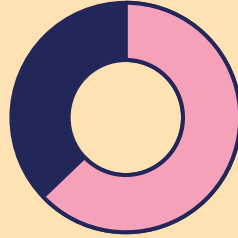
50%



**JUPITER**

Jupiter is the biggest planet

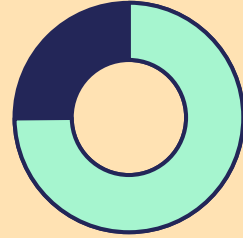
60%



**SATURN**

Saturn is a gas giant with rings

75%



**MERCURY**

Mercury is the smallest planet

# 70'S ARE BACK AGENCY INFOGRAPHICS

## VENUS

Venus has a beautiful name

1

## MERCURY

Mercury is the smallest planet

2

## SATURN

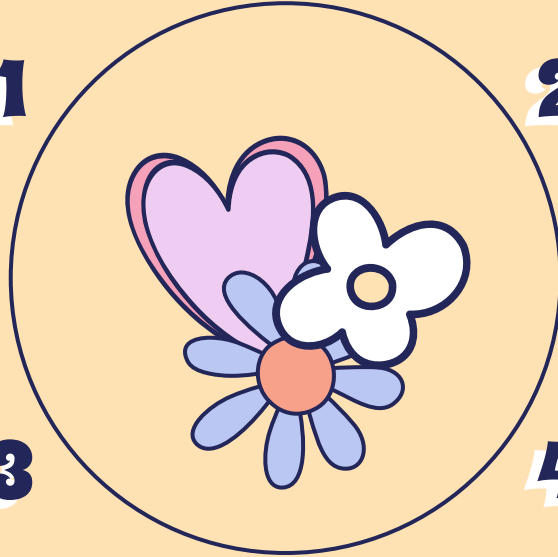
Saturn is a gas giant with rings

3

## MARS

Despite being red, Mars is cold

4



# 70'S ARE BACK AGENCY INFOGRAPHICS

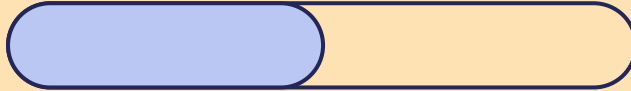
**25%**



Mercury is the closest planet to the Sun



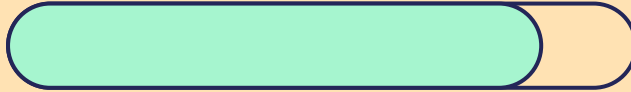
**50%**



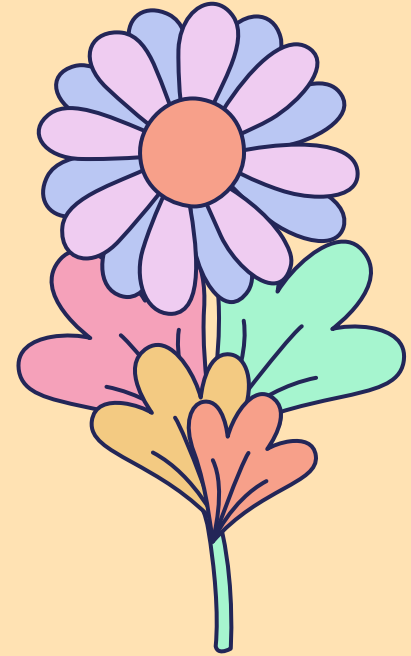
Jupiter is the biggest planet



**75%**



Venus has very high temperatures



# 70'S ARE BACK AGENCY INFOGRAPHICS

## 70'S ARE BACK AGENCY



### VENUS

Venus has  
extremely high  
temperatures



### EARTH

Earth is the  
beautiful planet  
where we all live



### MERCURY

Mercury is the  
smallest planet  
of them all

# 70'S ARE BACK AGENCY INFOGRAPHICS



**1**

Venus is extremely hot,  
even more than Mercury

**VENUS**

**2**

Despite being red, Mars is  
actually a cold place

**MARS**

**3**

Neptune is very far from  
the Sun

**NEPTUNE**

**4**

Earth is the beautiful  
planet where we all live

**EARTH**

# 70'S ARE BACK AGENCY INFOGRAPHICS

## VENUS

Venus has extremely high temperatures

## MERCURY

Mercury is the smallest planet of them all

## EARTH

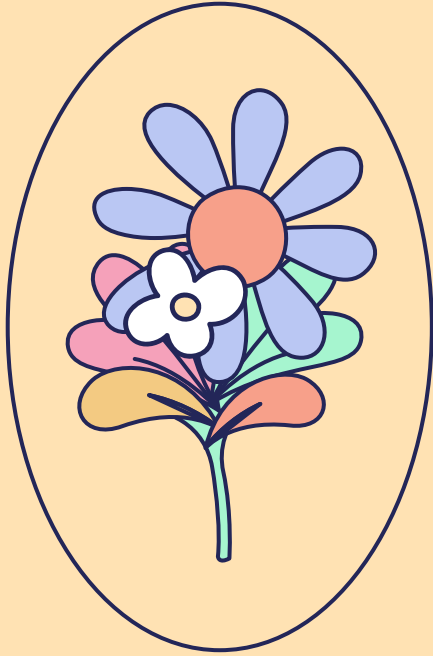
Earth is the beautiful planet where we all live

## NEPTUNE

Neptune is very far from the Sun



# 70'S ARE BACK AGENCY INFOGRAPHICS



## • VENUS

- Neptune is very far from the Sun
- The Earth is the planet we live on

## • MERCURY

- Despite being red, Mars is actually cold
- Earth is the third planet from the Sun

## • JUPITER

- Mercury is the closest planet to the Sun
- Saturn is a gas giant and has rings

# 70'S ARE BACK AGENCY INFOGRAPHICS

TIME	MON	TUE	WED	THU	FRI
9:00 AM	Earth				
10:00 AM					
11:00 AM		Venus			
12:00AM				Jupiter	
01:00 PM			Mercury		
02:00 PM					
03:00 PM					Saturn



# 70'S ARE BACK AGENCY INFOGRAPHICS



## VENUS

Venus has extremely high temperatures



## EARTH

Earth is the beautiful planet where we all live



## MERCURY

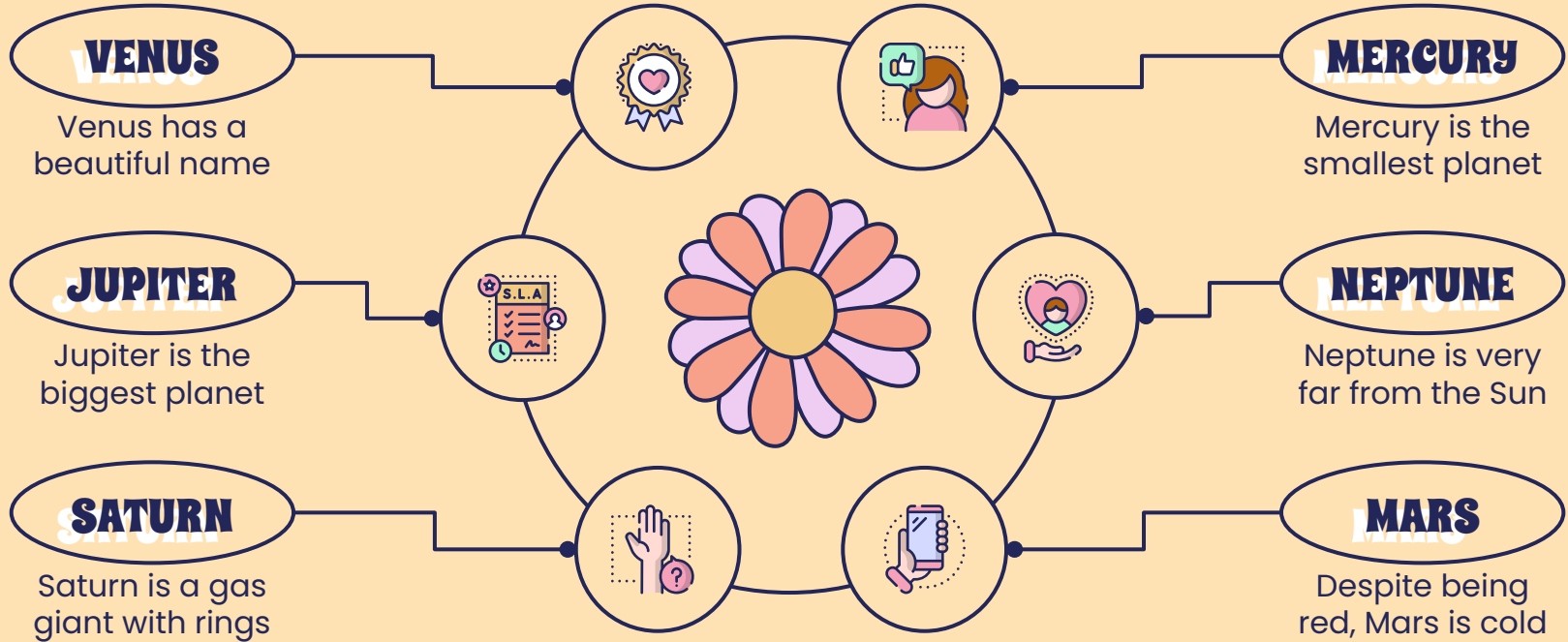
Mercury is the smallest planet of them all



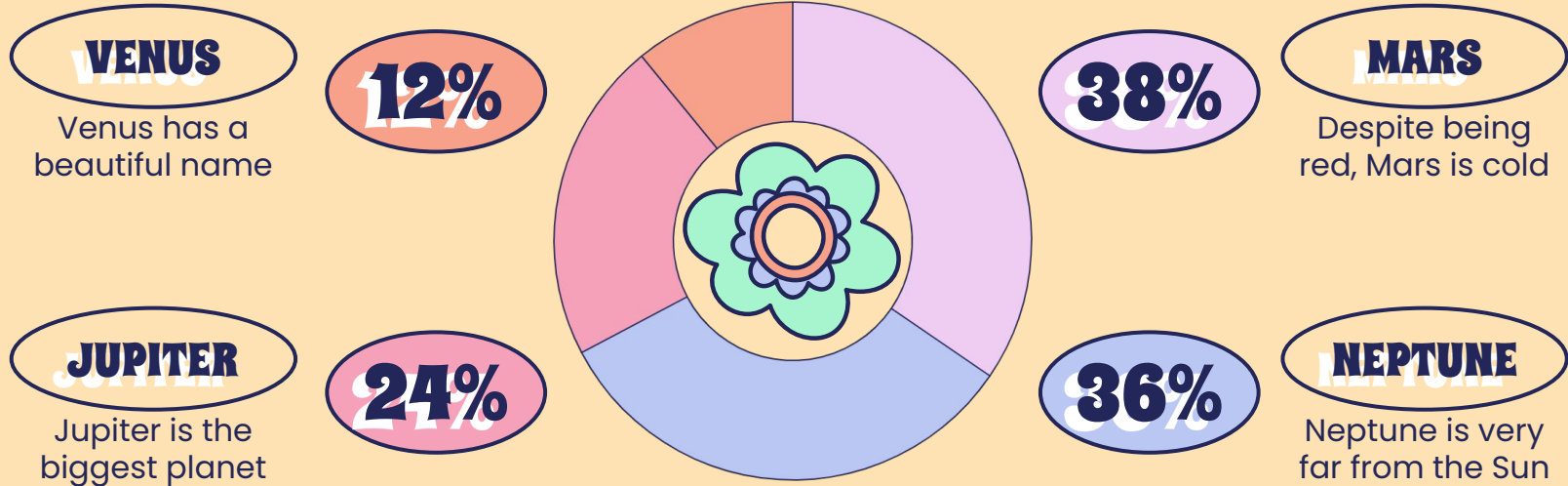
## JUPITER

It's the biggest planet in the Solar System

# 70'S ARE BACK AGENCY INFOGRAPHICS



# 70'S ARE BACK AGENCY INFOGRAPHICS



Follow the link in the graph to modify its data and then paste the new one here. **For more info, click here**

# 70'S ARE BACK AGENCY INFOGRAPHICS

1



**SATURN**

Saturn is a gas giant with rings

2



**VENUS**

Venus has a beautiful name

3



**MERCURY**

Mercury is the smallest planet

4



**MARS**

Mars is a very cold planet

5



**NEPTUNE**

Neptune is far from the Sun

# 70'S ARE BACK AGENCY INFOGRAPHICS

## TASKS

JAN

FEB

MAR

APR

JUN

Task 1

Mercury is the smallest planet

Task 2

Venus has a beautiful name

Task 3

Despite being red, Mars is cold

Task 4

Neptune is very far from the Sun

# 70'S ARE BACK AGENCY INFOGRAPHICS

## 70'S ARE BACK AGENCY

### MERCURY

Mercury is the  
smallest planet

### EARTH

Earth is the  
beautiful planet

### PLUTO

It's considered  
a dwarf planet

### SATURN

Saturn is a gas  
giant with rings

### VENUS

Venus has a  
beautiful name

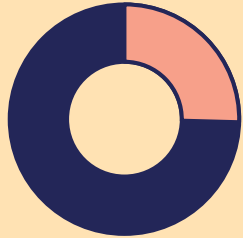
### MARS

Mars is a very  
cold planet

### NEPTUNE

Neptune is far  
from the Sun

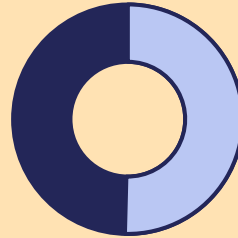
# 70'S ARE BACK AGENCY INFOGRAPHICS



**VENUS**

**25%**

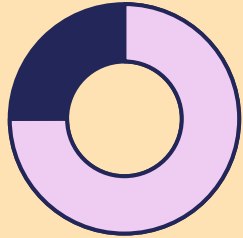
Venus has a beautiful name



**MERCURY**

**50%**

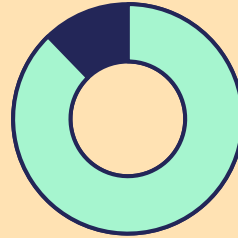
Mercury is the smallest planet



**MARS**

**75%**

Mars is a very cold planet



**JUPITER**

**90%**

Jupiter is the biggest planet

# 70'S ARE BACK AGENCY INFOGRAPHICS

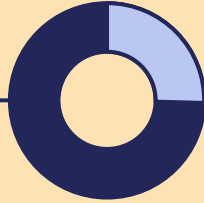
## DESCRIPTION

<b>MERCURY</b>	Mercury is the closest planet to the Sun and the smallest one in the Solar System
<b>SATURN</b>	Saturn is a gas giant and has several rings. It's composed mostly of hydrogen and helium
<b>EARTH</b>	Earth is the third planet from the Sun and the only one that harbors life in the Solar System
<b>NEPTUNE</b>	Neptune is very far from the Sun. It's also the fourth-largest object by diameter in the Solar System



# 70'S ARE BACK AGENCY INFOGRAPHICS

25%

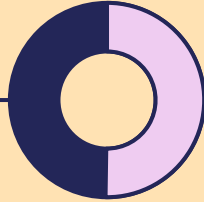


**VENUS**

Venus has a beautiful name but it's really hot

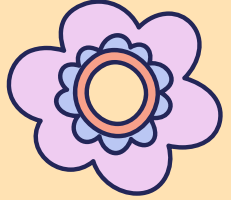


50%

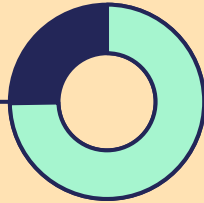


**NEPTUNE**

Neptune is very far from the Sun

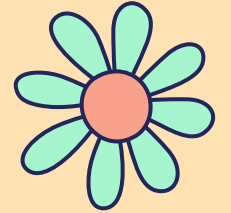


75%



**MERCURY**

Mercury is the closest planet to the Sun



# 70'S ARE BACK AGENCY INFOGRAPHICS

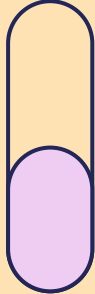
25%



**SATURN**

Saturn is a gas giant with rings

50%



**VENUS**

Venus has a beautiful name

75%



**MERCURY**

Mercury is the smallest planet



# 70'S ARE BACK AGENCY INFOGRAPHICS

## SATURN

Saturn is a gas giant with rings



## MERCURY

Mercury is the smallest planet



## NEPTUNE

Neptune is far from the Sun

1

2

3

4

5

## VENUS

Venus has a beautiful name

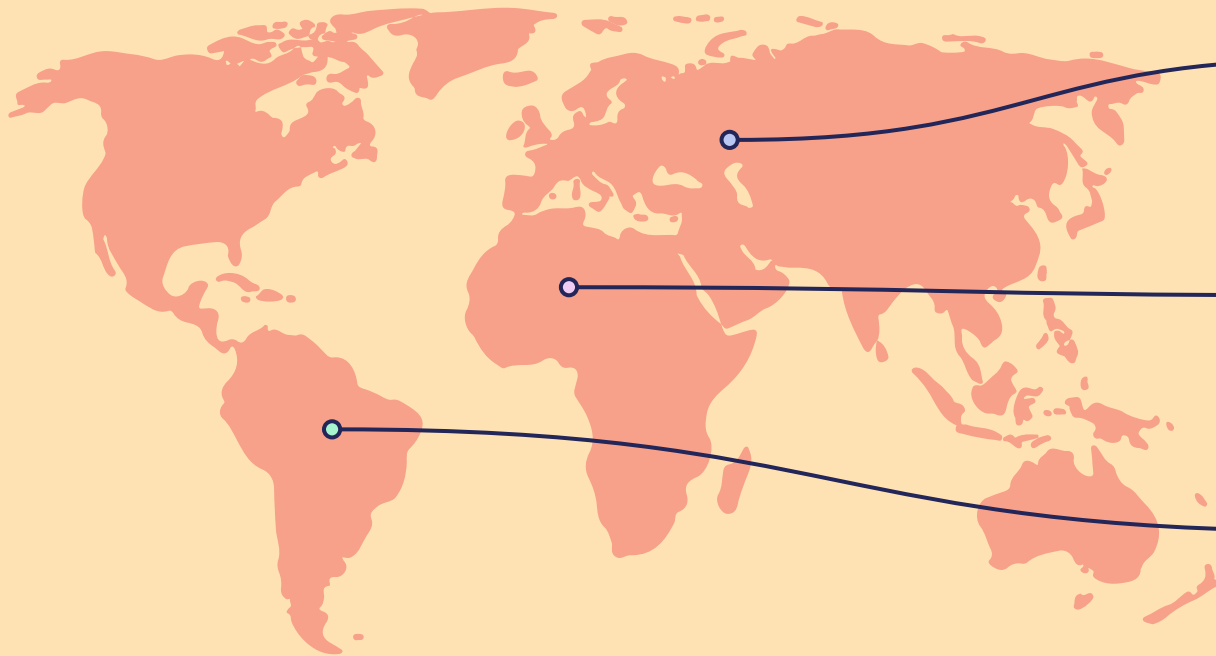


## MARS

Mars is a very cold planet



# 70'S ARE BACK AGENCY INFOGRAPHICS



## SATURN

Saturn is a gas giant with rings

## VENUS

Venus has a beautiful name

## MERCURY

Mercury is the smallest planet

# 70'S ARE BACK AGENCY INFOGRAPHICS



**SATURN**

Saturn is a gas giant with rings



**MERCURY**

Mercury is the smallest planet



**VENUS**

Venus has a beautiful name

**70'S ARE BACK AGENCY**

# 70'S ARE BACK AGENCY INFOGRAPHICS

SU	M	T	W	TH	F	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3



## VENUS

Venus has extremely high temperatures



## MERCURY

Mercury is the smallest planet of them all



## JUPITER

It's the biggest planet in the Solar System

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- **Change the color** by clicking on the paint bucket.
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- **Group** the elements again by selecting them, right-clicking and choosing “Group”.
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