



RESPONDING TO EMOTIONS ACTIVITY SHEET

You will be given a scenario to discuss in your pair. Talk about how you are feeling, why you feel like this and what you will do as a positive response to the situation.

Scenario card number ____

How are you feeling in this scenario?	<hr/> <hr/> <hr/> <hr/>
Why are you feeling like this?	<hr/> <hr/> <hr/> <hr/>
What will you do now?	<hr/> <hr/> <hr/> <hr/>

Extension

Create your own scenario about one of the common challenges below, write down some positive solutions you think would help.

- Starting your period in school
- Unkind messages sent to you online
- Friends being unkind and leaving you out
- People calling you hurtful names

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
