## Choose 3 situations to discuss as a group.

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| 1. A friend calls to say he can’t come to a sleepover because he has to visit his grandma. You are really disappointed. | 1. Your Mum and Dad are fighting a lot and you feel worried that they might be breaking up. |
| 1. You ask to join in a game of four square and your friends say you can’t because they already have too many people playing. You feel rejected and sad. | 1. Your Mum can’t come to your school assembly because she is away with work. You feel really disappointed. |
| 1. A friend breaks the wheel on your scooter by mistake. You are angry. | 1. You have grown lots over the holidays and are now the tallest girl in your class. Even though no one mentions this, you feel embarrassed. |
| 1. Your pet cat gets run over outside your house. You feel shocked and really sad. | 1. You dropped a catch at cricket on the weekend and it meant that your side lost the game. You felt upset and angry. |

## Write strategies to use in each situation.

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| Situation number | Ways to calm down the body | Helpful optimistic thinking | Helpful positive  self-talk |
| ***Example: 1*** | *Keep myself busy with another task.* | *Look for small good bits in the bad things that happen.* | *Accept the things you can’t change in the problem.* |
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