

'What if?' activity

For each scenario, try to answer the following questions:

1. How do you think the person in the scenario is feeling?
2. Are they having everyday feelings or overwhelming feelings? Cut out and place the example onto the Venn diagram, or other sorting system you are using. Refer back to the definitions of these terms if you are not sure.
3. What support options would you suggest for each scenario?
4. Begin by writing down Sasha and André's situations and placing them on the sorting system.
5. There are some free boxes at the bottom of this sheet. Once you have finished sorting the examples, have a go at making up some of your own.



Sasha

André

Raj had an argument with his best friend this morning. Now his best friend is hanging out with other people at lunchtime. Raj does have other friends, but he is not as close to them. His best friend looks like he's having more fun with his new friends than he and Raj used to have.

Matthew has stopped hanging out with his friends at lunchtime and is avoiding going to the canteen. He is doing lots of exercise outside of school and reading a lot about exercise online. He is tired and unable to focus in lessons. This has been going on for a few months.

Caitlyn has an important science test coming up. She is spending long hours revising. Her parents want her to do well in all of her tests, especially maths and science, as they want her to become a doctor in the future.

Finn has been invited to the cinema at the weekend with his friends. He would like to see the film, but he gets really panicky sometimes in dark and closed spaces. This has been getting worse over the last couple of years and the last time he went to the cinema he had to leave. He turns down the invitation.



Harry is going on holiday to Italy tomorrow with his mum, grandad and brother. It will be his first trip abroad and his family have been planning it for nearly a year.

Samira started a new school six months ago and has not made any friends. She has moved to the UK with her father and is learning English. Samira sits by herself or visits the library at break and lunchtimes. She sometimes does not want to come to school at all.

Kalina went to the corner shop with four friends after school. Her friends dared to steal a magazine. The shop is just around the corner from her house.

Niamh's mum is ill and currently can't get out of bed. Niamh has been caring for her, and this means she is late for school sometimes. She doesn't want to hang out with her friends and is withdrawn. She calls her mum a lot to check she is ok and finds it hard to focus in lessons.

Kyle joined the town's swimming team last year and has been training hard. Yesterday, he won his first medal for freestyle in the county swimming championships.

Skye put a photo on social media at the weekend and no one has liked it or commented on it. Other friends posted over the weekend too and they have had lots of likes.