SCENARIO 1 - TEST ANXIETY

SITUATION

Sarah has a big math test coming up, and she feels extremely anxious about it. She is worried that she will fail and disappoint her teacher and parents.

DISCUSSION POINTS

- How would you handle the situation if you were Sarah?

- What strategies could help manage test anxiety?

- Who are the key adults or individuals Sarah could turn to for support at school?

NOTES

SCENARIO 2 - PEER PRESSURE

SITUATION

Jordan's friends are pressuring them to skip class and hang out instead. Jordan feels uncomfortable but doesn't want to lose their friends.

DISCUSSION POINTS

- How would you handle the situation if you were Jordan?

- What can you do to resist peer pressure and make responsible decisions?

- Who are the key adults or individuals Jordan could turn to for support at school?

NOTES

SCENARIO 3 - FEELING ISOLATED

SITUATION

Taylor just moved to a new school and is having a hard time making friends. Taylor feels isolated and eats lunch alone every day.

DISCUSSION POINTS

- How would you handle the situation if you were Taylor?

- What steps can you take to make new friends and feel more included?

- Who are the key adults or individuals Taylor could turn to for support at school?

NOTES

SCENARIO 4 - STRUGGLING WITH ASSIGNMENTS

SITUATION

Chris is struggling to keep up with homework and class assignments. They feel embarrassed to ask for help because they think their classmates will make fun of them.

DISCUSSION POINTS

- How would you handle the situation if you were Chris?

- What can you do to get help with your assignments without feeling embarrassed?

- Who are the key adults or individuals Chris could turn to for support at school?

NOTES

SCENARIO 5 - CONFLICT WITH A CLASSMATE

SITUATION

Alex had a disagreement with a classmate that escalated into a heated argument. Now, Alex feels stressed and worried about future interactions with this classmate.

DISCUSSION POINTS

- How would you handle the situation if you were Alex?

- What strategies can you use to resolve the conflict and reduce stress?

- Who are the key adults or individuals Alex could turn to for support at school?

NOTES