



Relationships

Situation Cards - Ages 10-11 - Piece 1

Losing a friend or family member

Being bullied

Getting stressed about school work

Having an argument with someone

Worrying about the way you look or your popularity

Stop talking myself down and comparing myself with others

Spending time doing something you enjoy

Enjoying time with friends and family

Talking to someone about how you feel

Using a 'calm me' time