





surprise

anger

sadness

excitement

fear

disappointment

jump up and down

Shout at someone

scream

shake head

cry

hug someone

kick something

hit something

hide

be quiet

back away

smile

punch

stamp feet

say something bad

face goes red



Rae's little brother keeps taking all the toys so there is nothing left to play with. Suddenly, he grabs Rae's favourite toy. Then... he breaks it. Rae has had enough!

Amina is in the school play. She already felt nervous about going on stage in front of everybody but to make things worse, it is her turn to speak and she has forgotten what to say. Everyone is looking at her, she feels her face go red and her legs turn to jelly.

Jules is playing football for the school team. It's really exciting because the team are playing really well. It looks like they might win. In the final minutes of the game, Jules shoots to score the winning goal but it doesn't go in and their team loses.

Eli's pet rabbit had been sick for a few weeks. Eli was very worried about it and had a feeling that something bad was going to happen. At the weekend the rabbit died. Today, Eli can't stop thinking about his rabbit and why bad things happen.

Uma is surprised her name is not included on the group party-invite list. She is about to message everyone to let them know when she notices one of the group has said something nasty about her. Then, some others make nasty comments too. The others don't seem to realise she is part of the group. Uma realises they don't want her to go to the party.

All the other children play together but when Jayden asks to join in they just ignore Jayden. Jayden is really lonely. It's been happening for quite a few weeks now. It's playtime and it's happening again.

FEEL — How is the character feeling? What words can you use to describe this?

THINK — How might the character react? What physical reaction might they have or what physical action might they take? Is this ok in this situation? Why?/Why not?

DO — What would help the character at the time of this situation? What could or should they do? Should the character do anything **after** the situation?

SAY — At the time of the situation, whom should the character talk to? What should they say?

After the situation, who should the character talk to? What should they say?

Parent

Teacher

Friend

Someone else

Website

Text / phone helpline

No one