

Emotional Wellbeing: My feelings

Situation cards

- What feelings is the character experiencing?
 - Can your character change or influence anything that is happening?
 - Is there anything going on that they really can't change or influence?
 - What do you suggest they do?
 - What would you do as their friend?
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A. Alisha and Emma have been best pals since P1. A new girl, Cara, has joined the class and Emma is getting on really well with her. Alisha is feeling left out, she really wants to get on with the Cara, but she feels a bit jealous and a bit annoyed. After school she has been getting upset about it. She is worried that she won't have a friend at school.

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B. Mikey and his Mum have always got on really well. It's just been the two of them living as a family for a long time. They do loads of things together and really don't have fall-outs. Mum has told Mikey that she has met a nice man that she is getting on with and she would like Mikey to meet him. His name is Tom and he works with Mum. They are all going for pizza together this weekend. Mikey doesn't understand why his Mum would be seeing someone now, they have always been just fine, the two of them. He is worried that this man will have to be like a Dad or something. What if they don't get on? Mikey is feeling anxious about losing his Mum.

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C. Chi is the best footballer in her class. She is skilful and strong. The coach has told her that she would learn a lot if she could go to the football soccer school camp in the holidays. Chi wants to say yes, but she has never been away from home before. She doesn't think her Mum and Dad could afford to pay for it anyway, but she is too embarrassed to say. If she asks her parents, they will probably say no because they are so protective of her. She is feeling confused about what to do.
