

Activity No 9. Problem Scenarios for Resiliency Activity

Laminate if you wish or paste onto colored card. Cut out the scenarios into groups of three or four

You are not allowed to go to a party.

You spilt paint on your clothes.

You are being teased.

You got the wrong answer.

Someone sat in your spot.

You dropped your food.

You are annoyed with someone.

You lost the game.

You got pushed over.

You can't go to your friends place after school.

You are being bullied.

You haven't got any friends.

You are being 'left out' by your friends.

You have to move schools.

You had a bad dream.

Someone in your family got badly hurt.

You are not allowed to watch TV

You have to empty the dishwasher.

You are not allowed to go to the movies.

You can't have an ice-cream.

You have to tidy your room.

You are not allowed to get a new game.

You broke your pencil.

You didn't get picked to play the game.

You missed out on helping the teacher do a job

You can't think of an idea for your writing.

You got a math's problem wrong.

You don't know what to do.

You don't want to come to school.

You forgot to bring your lunch to school.

You lost something.

You are worried about how you look.

Nobody will play with you.

You get scared sometimes.

Someone swore at you.

You feel anxious about things

You have to pick up your toys

You fell over and got a small
scratch

You don't want to do your
homework

You are not allowed to do what
you wanted to do.

You didn't get what you wanted

Something happened that you
didn't like.

You had an argument with
someone.

Your computer is not working.

You ripped your page.

You can't find a pencil.

You are being cyber bullied.

Someone is talking behind your back.

You made a mistake on your work.

You got a spelling mistake.

Your best friend is not at school.

You broke a window.

You left your library book at home.