

EXPRESSING FEELINGS



Challenges cards

HAND OUT

challenge Homework not done	challenge Not had breakfast
challenge Forgotten pencil case	challenge Forgotten lunch
challenge Lost phone	challenge Started dating someone new
challenge No deodorant in the cupboard	challenge Getting sideways glances from someone
challenge Baby brother is born	challenge Best friend tells you they have self-harmed
challenge Missed the bus	challenge Fight with your best friend

DEAL

Developing Emotional Awareness and Listening



SAMARITANS

EXPRESSING FEELINGS



Challenges cards (cont...)

HAND OUT

challenge Forgotten PE kit	challenge A row with parents
challenge Not allowed to go to a party	challenge Haven't had a shower
challenge Ending a relationship	challenge Lost weight
challenge Can't the afford new trainers you want	challenge No hot water to wash your hair
challenge Moving house to a new area	challenge Having to do a presentation in front of whole year group
challenge Going to a friend's big family dinner	challenge Being in a crowded shop where you can barely move

DEAL

Developing Emotional Awareness and Listening



SAMARITANS

EXPRESSING FEELINGS



Challenges cards (cont...)

HAND OUT

<p>challenge</p> <p>Wearing a new outfit out with your new girlfriend/boyfriend</p>	<p>challenge</p> <p>Going for a college interview</p>
<p>challenge</p> <p>Taking an entrance exam</p>	<p>challenge</p> <p>Starting a new school</p>
<p>challenge</p> <p>Sibling leaves home</p>	<p>challenge</p> <p>Best friend moves away</p>

DEAL

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