

Name: _____

These handouts go along with the prezi on our class website



Impulse scenarios.

Choose a scenario, or make your own. Fill in the table below.

Scenario One

At lunch you line up at the caf, someone pushes in front of you

Scenario Two

The person next to you keeps tapping the desk during an exam

Scenario Three

A friend posts something sort of mean on one of your pictures on your social media page

Scenario Four

You walk by a friend in the hall and they ignore you

Scenario Five

You're saving up to buy a new Tablet / iPad, but see a new pair of shoes to buy that will cost \$80

Design Your Own

What will be your responses? Which response will you choose? Why?

Scenario number	Response 1	Response 2	Response 3	Chosen Response	Why did you choose this option?

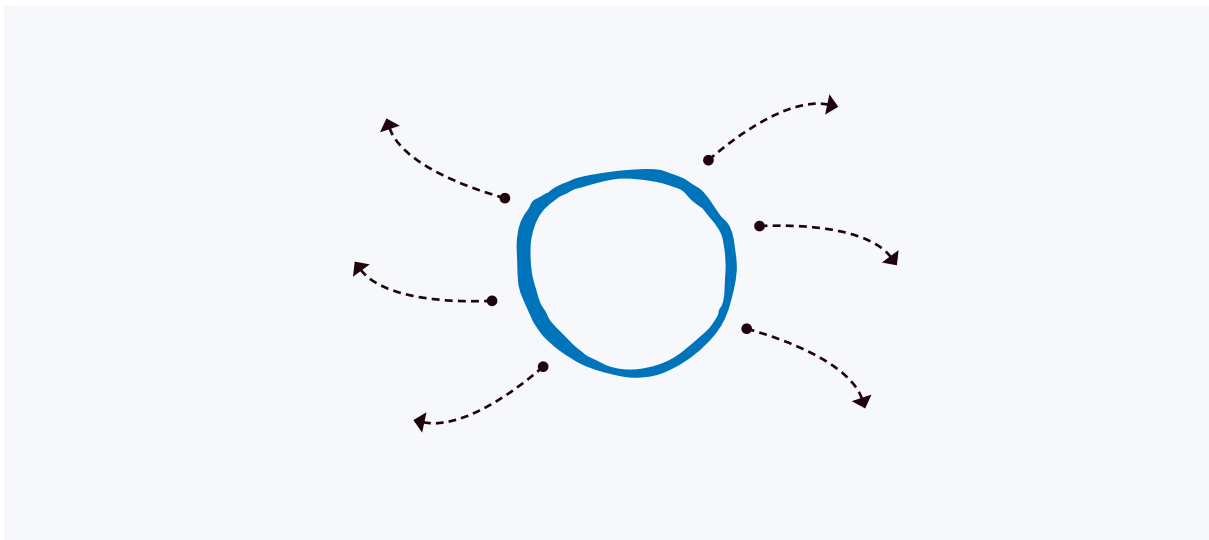


Plan B.

Use the template below to plan your Plan B to the 'What if' scenarios outlined.

'What if' Scenario One.

What if you were working on an assignment at home and realise you didn't save the correct version of it to your USB at school. 1. What is your Plan B? Brainstorm your ideas using the circles below.

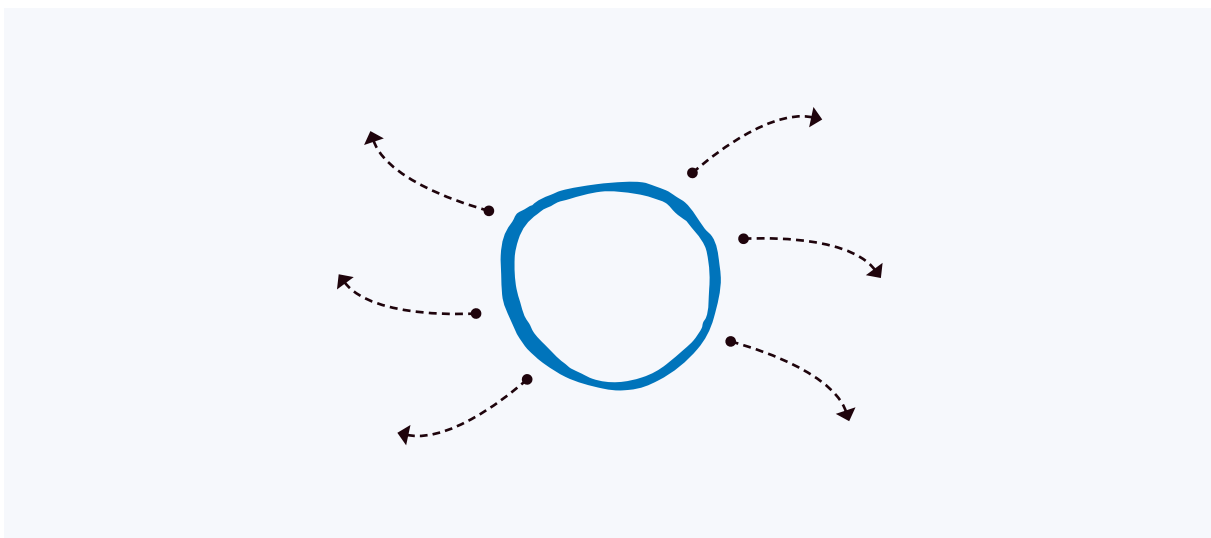


2. What would someone else do? Ask another person in your class what they would do. Record their ideas in a different coloured pen.

'What if' Scenario Two.

What if you were out downtown with friends on a Saturday night and missed the last bus home.

1. What is your Plan B? Brainstorm your ideas using the circles below.



2. What would someone else do? Ask another person in your class what they would do. Record their ideas in a different coloured pen.





Self-talk.

Self-talk is the talk that goes on inside your head. Good and bad. The talk we do inside our head with ourselves can have a major impact on how we cope with challenges. Positive self-talk is a key ingredient to resiliency.

Read through the fact sheet from ReachOut.com (<http://au.reachout.com/what-is-self-talk>)

Fill out the following information:

1. Think of a challenging situation you faced where self-talk was involved. Write it below.

2. Was your self-talk positive or negative? Give an example.

3. Did you do anything to try and change your thinking? What worked?

4. What would I say if a friend was in this situation?

Check out ReachOut.com for more information on self-talk and help seeking.





Other peoples emotions.

- Choose one of the listed scenarios below. On outline A, label what emotions that person would be experiencing.
- Using a different coloured pen, list how you could display empathy with that person – what would it look like, sound like, feel like?

Scenarios

- 1 A friend is being bullied through an online social media site
- 2 A friend is being bullied in the school yard
- 3 A friends Grandmother passes away
- 4 A friend fails an exam

figure
A

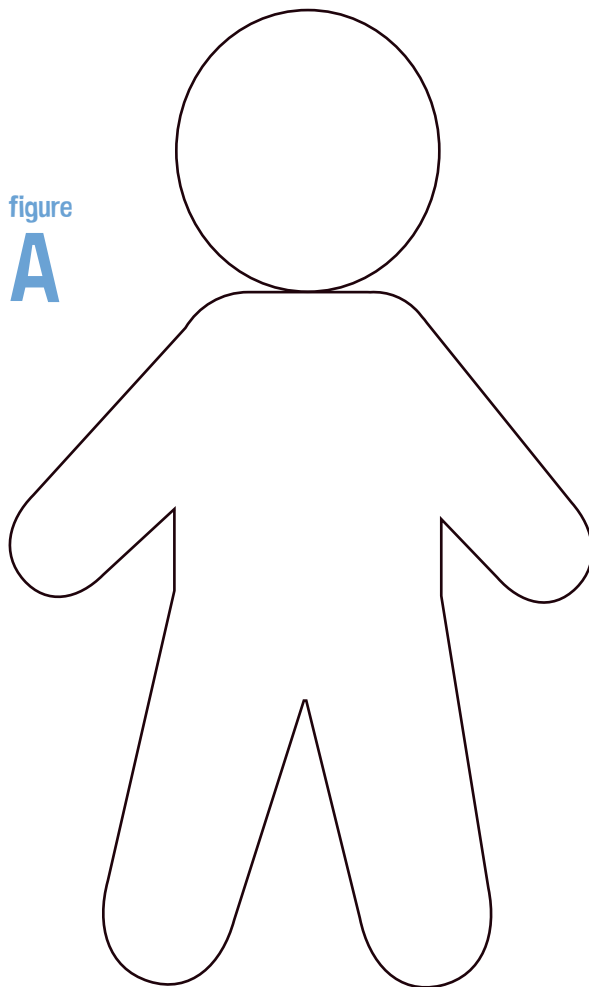
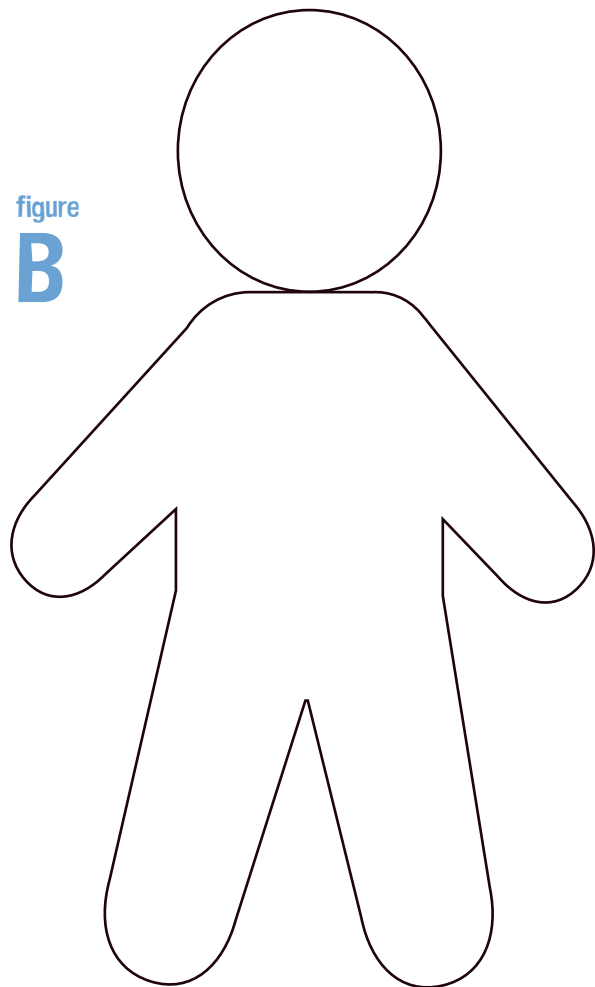


figure
B



Create your own scenario and label on figure B
(follow the same procedure).

Scenario:

.....
.....
.....
.....



Three things.

Keep a track of three things on a regular basis and how they made you feel. This will assist in improving your skills in self efficacy.

What three things have you done in the past week that you did well?

How did these make you feel?

List three things you have completed in the past few months that other people have noticed?

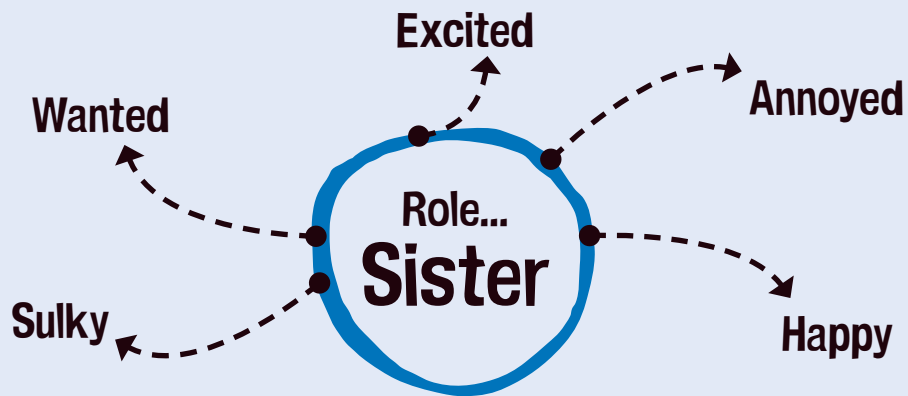
How did these make you feel?



Feeling connected.

- What roles do you play in your life?
- How do these make you feel? (Use List of Emotions A–Z)
- Use the template provided below to record the emotions (negative / positive) you feel in different roles you have in your life (an example is provided). Recording how we feel helps us to keep a check on our emotions

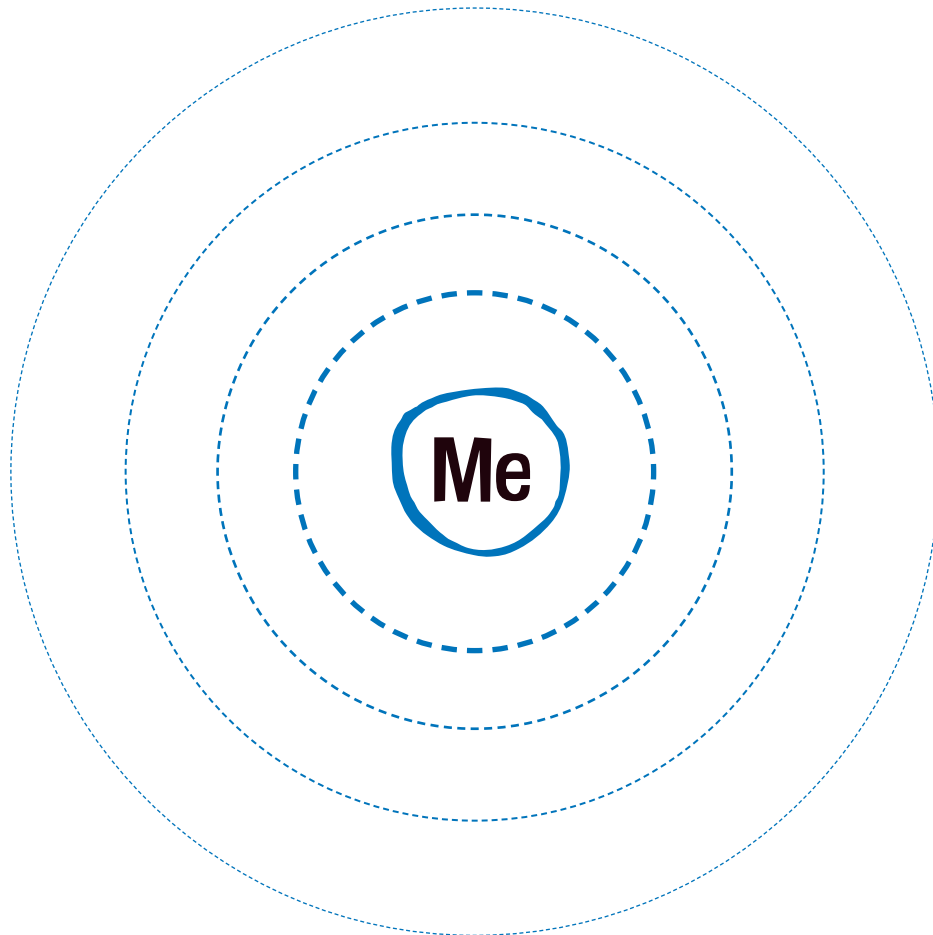
Example





My connections.

- Fill in the Connections circle below. List those people who you connect with the most in the circle closest to the middle (ME).
- Next to each person, write where do they fit with your connections – are they from school? A community group? family friends? friends online?



With the connections you have listed closest to you. Share how they make you feel connected / could feel connected.

What community organisations are in your area that can help you connect / reach out (online and offline)

ReachOut.com has fact sheets, stories and forums to help with feeling connected. Below is a story from ReachOut.com (Keeping Connected). Check it out! <http://au.reachout.com/keeping-connected>