



Scenario Cards

Review each scenario. Think about what emotions might be involved and how they affect well-being.



Scenario 1: Your friend slept through their alarm and arrived 45 minutes late to school.



Scenario 2: You ran for a student council position but lost the election.



Scenario 3: Your friend finally nailed a skateboarding trick they've been practicing for weeks.



Scenario 4: You're finally feeling better after a sports injury and can go back to practice.



Scenario 5: You are a new student and it's your first day at a new school.