

Managing Situations

It is not always easy to cope with the way we feel, especially with unfamiliar or negative feelings. Look at the following situations and think of how you would feel if they happened to you in Secondary School. Then try problem solving each situation to help you best manage your feelings and actions.

SITUATION	FEELING How would you feel if this happened to you?	PROBLEM SOLVING – WHAT COULD YOU DO? If this situation happened to you, what could you do to help you best manage these feelings?	WHO COULD HELP? Who would you ask for help and what would you like them to do?
You don't understand your homework. No one in your family can help, it is due the day after tomorrow.			
You have a big argument and fallout your with your best friend. You have been friends since Primary school.			
One of your teachers shouts at you a lot in class and you think he is 'picking on you'.			
A group of children in your class make fun of you all the time and call you unpleasant names.			
You lose your lunch card and don't have			

any money for lunch. You can't contact your parents to help.			
You forget your PE kit and your PE teacher is very strict. You are worried you will get in to trouble.			
You and some friends are messing around and having banter. However, you think you might have upset someone (you didn't mean to).			
Your teacher talks quite fast and you really struggle to keep up in lessons. You can't always remember all the instructions that they give you.			
You have a family member who isn't well. You keep thinking about them during the school day and find it hard to concentrate.			
You keep feeling sick and getting stomach ache. It gets worse just before a particular lesson or if you have to speak in front of the class.			

