

# Sharing Feelings Scenarios

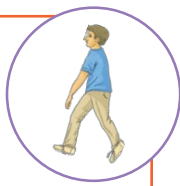
Read through the following scenarios and discuss the characters. Think about:

- how they are feeling;
- how they are showing those feelings;
- how their body language shows their feelings;
- what advice you could give them to help them share their feelings with others.



## Scenario 1

**Carson** is walking around the playground. He normally plays football with his friends during lunchtime but he didn't want to play today. **Carson** is kicking the floor, has his head down and won't look at anyone else. He isn't talking to anyone and his eyes and face are screwed up. He is marching quickly around the playground and walking up and down the same spot.



## Scenario 2

**Evangeline** is sitting at the piano ready to start her piano exam. Her hands and body are shaking and she can hear her heart beating. **Evangeline** is thinking about what it will feel like if she passes her exam. She knows how to play and has been practising the same piece for months now.



## Scenario 3

**Thiago** and **Jenson** are planning a special birthday surprise for their mum. They have made birthday cards and added special messages to tell her how much she means to them. They have made homemade banners, flags, cupcakes and homemade presents. They are decorating the house and laughing with each other. They are smiling and jumping around.



## Scenario 4

**Kimmy** is sitting on her bed listening to her favourite songs. She has her lamp and fairy lights on and is watching them twinkle around her. She is warm and cosy and has her favourite teddy bear next to her. Her feet are warm and cosy in her fluffy socks and she has comfy pyjamas on.

