

Emotional Regulation Scenario Cards

Secondary School Context



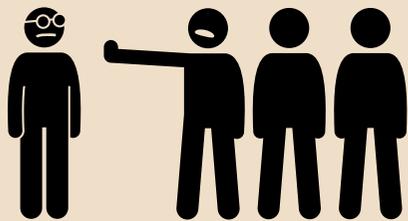
Somebody calls me a name



Somebody tries to cheat in a game



I get picked last to be on a team



My friends won't let me join in a game



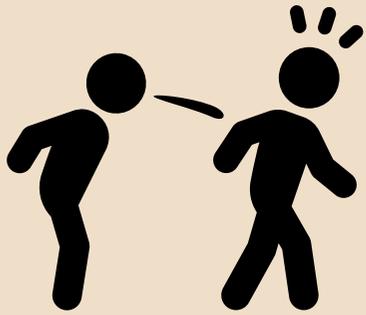
Someone tries to trip me on purpose



I fall out with my friend



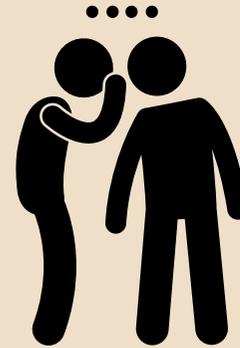
Someone hits me



Someone spits at me



Someone takes my stuff
without asking



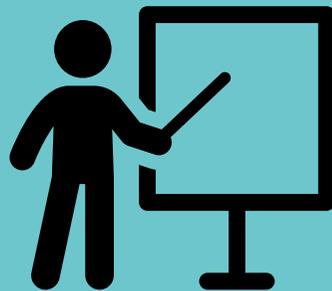
Someone talks behind
my back



Someone winding me
up



Someone making fun
of me



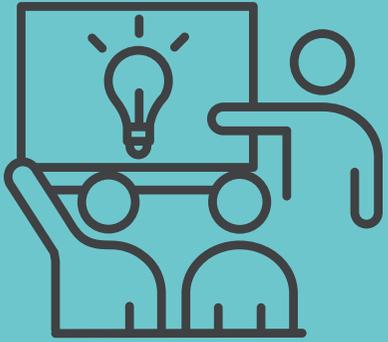
The teacher does not
pick me in class



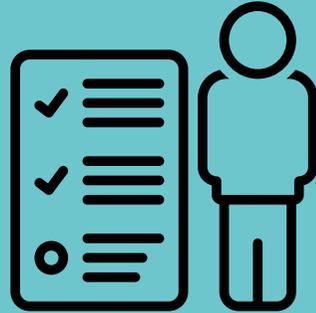
Adult tells me I've made a
mistake in my work



An adult tells me 'No'



**Teacher asks me a question
in front of the class**



**An adult asks me to do a
job**



**An adult tells me off for
something I did**



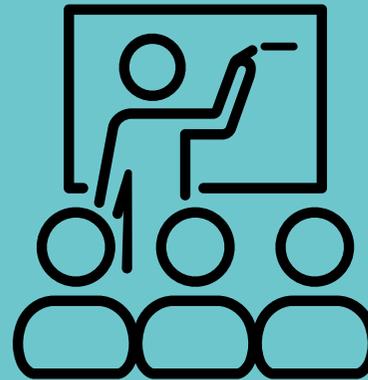
**An adult tells me off for
something I did not do**



**An adult praises me in
front of others**



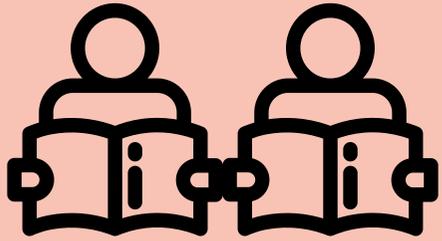
**An adult praises me
in private**



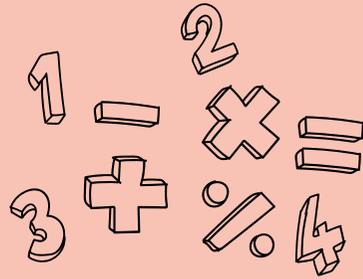
**Getting my name put
on the board**



**Walking into the
classroom**



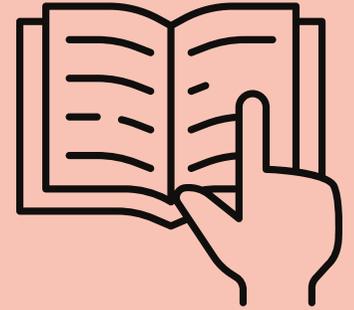
**I am asked to read out loud
in front of the class**



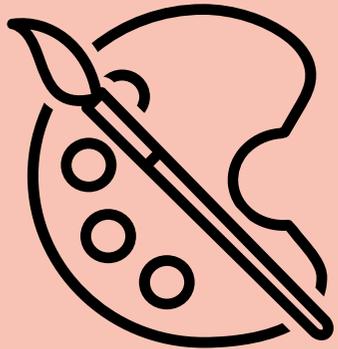
Maths



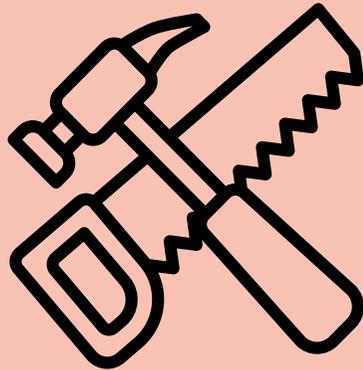
Writing



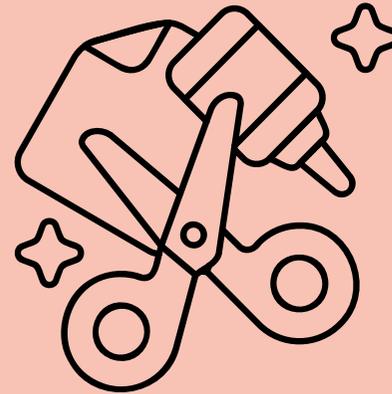
Reading



Art



**Design &
Technology (DT)**



Making things



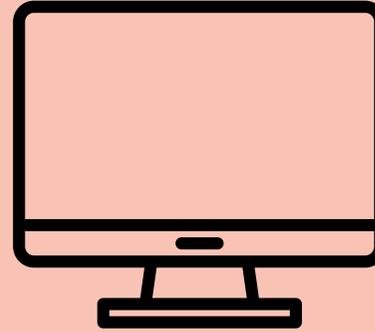
Music



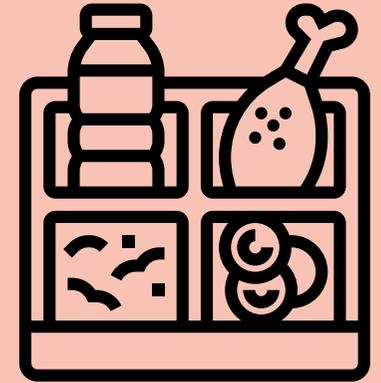
Tutor time



PE



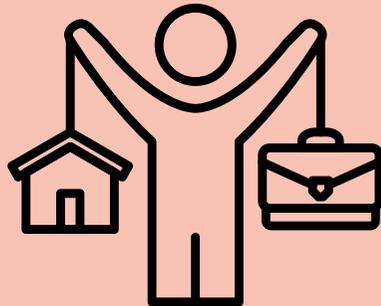
ICT



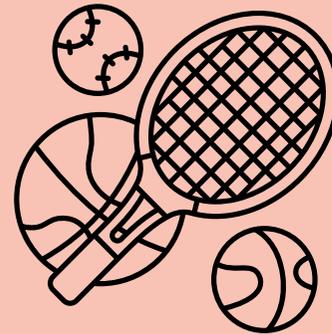
Dinner hall



Asking to go to the toilet



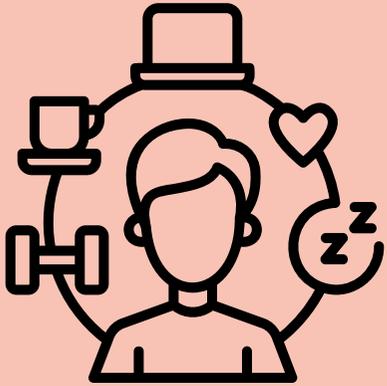
Getting homework



Playing sports



Break time



Changes in my routine



Doing a test/exam



Lots of noise



Alarm/fire drill



Somebody skips the queue



I am not first in the queue



I have to wait for something



I try to talk to someone and they ignore me



Someone does something I do not think is fair



Something does not go my way



I lose while playing a computer game



Not feeling able to do the work in class



Being asked a question I don't know the answer to



I lose at a game



I make a mistake in my work



Not having time to finish my work

Activity Sort Cards



Tired
Slow
Sick



Calm
Focused
Ready

Activity Sort Cards



Anxious
Frustrated
Silly



Terrified
Enraged
Angry