

Y5/6 Lesson 2 - Resource 1

Emotional scenarios



Henry

Henry is upset with his test result and feels he should have done better. As his teacher reads out everyone's score, Henry can feel tears coming to his eyes. He tries to hold the feelings in because he doesn't want to cry in front of his classmates. Instead, he keeps his sadness in and decides to be mad at the teacher for giving him a bad score.



Amber

When she is happy, Amber is confident, she loves talking, singing, talking and jumping around! Her parents and friends are always saying to her 'Stop – it's too much!' but Amber likes being loud and doesn't want to sit quietly and whisper like some of the other girls. She wants to feel free to express herself but instead she tries to keep quiet and still.



Jamal

Jamal is worried about going to school on the bus on his own. His mum asks him "What's wrong?" but Jamal just says "Nothing!" so she doesn't ask him again. Jamal wonders whether he could tell a friend about it but they just want to be playing football or gaming. So, Jamal keeps quiet and doesn't say anything, and instead feels increasingly worried.



Kyle

Someone in class said a joke, but Kyle didn't get it and now he feels embarrassed. Some of the class are laughing, but Kyle starts to feel angry. He can sense the anger burning inside him, his face goes red and he can feel he is making his hands into fists. He feels like he might punch something or someone. He starts to shout at one of the other children.

Freya

Freya got told off for something she didn't do. She feels cross about this. Even though she knows it wasn't her fault, she doesn't stand up for herself. Instead, she just keeps quiet and her head down. The anger sits inside her, but she still doesn't tell anyone. Her friends will just think she is making a fuss about nothing and should get over it. However, she becomes gradually infuriated and as though she will explode with anger!

Chang

Chang gets called a nasty name by another boy in the class. All the other boys are saying he should go and hit the boy as they shouldn't be allowed to get away with it. Chang wants to be liked and be tough like the others. Chang gets ready to hit the other boy, he is being encouraged by the others and thinks he will feel better once he has hit them, even if it turns into a fight.

Inaya

Inaya has been worrying that all the other girls in her class are pretty, but not her. Some of the other girls in her class told her they don't think she is pretty, and even her mum said, 'it doesn't matter, you are clever instead'. But Inaya has started to feel anxious that she will grow up and not be liked if she is not pretty. Now, she doesn't want to go to school because she is worried about her looks.

Oliver and Muhammed

Oliver and Muhammed are close friends and love hanging out together in and out of school. A few other children have started teasing them, saying they should be 'boyfriends' and should hold hands. Oliver and Muhammed feel embarrassed and start talking about whether they should see less of each other at school. They both feel sad about it, but don't tell anyone else.

