



Emotion Recognition & Regulation – Unit 2

Activity 1: Role-play Cue Cards

ACTION

There are three situations, each with cue cards for two characters. Copy/print sufficient so each pair of students gets one pair of Situation Character Cards. Consider copying/printing an extra sheet you can refer to during the activity. Allow students ample time to read their cards, then explain that Character A and Character B are now to meet up. Commence the role-play.

Situation 1 – Character A

You are a parent who has been looking for full-time work for the last four months. Today you've finally found a stable, long-term job but it means moving your family to a city in a different state. Such relief! You succeeded in keeping your stress and worry about the future hidden from your children. This move will be a good thing.

Situation 2 – Character A

You and friends went out for a barbecue in the state forest park last weekend. While you were all playing cricket, someone stole money that you've been saving for something special from your purse/wallet. It could have been anyone, but Character B (who you told earlier about your saving scheme) has been nervous around you. Could he/she be the thief?

Situation 3 – Character A

You are very embarrassed. You asked the brother/sister of your good friend Character B out, and he/she said no. In fact, he/she wasn't very nice about it – as if he/she was out of your league and knew it. Now you are afraid that Character B knows about the rejection, and might share those feelings that you are a bit of a loser.

Situation 1 – Character B

Your parent has been acting funny lately, and it has been starting to really annoy you. You think he/she doesn't really care too much about what's going on in your life. But the good news is that you have just been accepted into the school's A-grade basketball team. You feel really good as part of the squad – it's one place you feel really stable and secure.

Situation 2 – Character B

You are trying to keep your excitement under wraps. Your friend Character A has a birthday coming up, and you've found the *perfect* gift on Ebay. However, it closes tomorrow and you need the cash to buy it. You are thinking of asking to borrow money from them, but can't tell them why. You will pay him/her back over the next month.

Situation 3 – Character B

Your good friend Character A has been moping about for the last few days, and it's driving you nuts. He/she won't say what it is that's frustrating them, and you're sick of asking. You've decided to tell Character A (gently but firmly) that he/she had better think seriously about getting over whatever is bugging them because it's starting to wear thin.

