



# Keeping Well Unit – 4

## Activities 2 & 3: Scenario Sheet 1

### ACTION

Copy/print one for each student/small group.

#### SCENARIO 1:

Sarah's friend Kelly has been really upset lately over problems she is having with her boyfriend. Kelly is convinced that her boyfriend wants to date a skinnier girl, and told Sarah that she is determined to lose some weight. Sarah told Kelly that she thought that was crazy because she was slim enough already. Over the past few weeks though, Sarah has been really worried about Kelly. She has noticed Kelly barely touches her food at lunch and always seems drained during the day. Kelly is not doing as well in school and the teacher has commented twice on her lack of focus in class. Kelly has gotten noticeably thinner; Sarah thinks that she isn't taking care of herself. She tried to talk to Kelly about it, but Kelly just dismissed the topic, saying that she didn't want to talk about it. Sarah doesn't know what to do. She is worried about her friend but doesn't want to upset her.

#### SCENARIO 2:

Michael has a big exam coming up on Monday, as well as an assignment due that same day. As Michael was busy most of the week doing other schoolwork, he was planning on spending all of Saturday finishing his assignment and then spending Sunday studying for his exam. However, in school on Friday, Jim told Michael that he's throwing a big party at his house on Saturday. Michael told Jim that he had to study for his exam, but Jim told him, 'Everybody is going to be there! You have to come! Do your homework on Sunday.' None of Michael's friends have thrown a party in a while, and almost everyone Michael has talked to said they were going to Jim's party. Michael really wants to go too and is afraid that if he skips it, his friends won't consider him part of the group anymore and he will miss out on future parties. He knows that he could still get his assignment done but it would mean he won't have any time to study for his exam. Michael can't decide what to do. He needs to study but doesn't want his friends to think he's a nerd.

#### SCENARIO 3:

Julie's friend Matt invited her to go to a party with him at the weekend. Julie has had a crush on Matt for a while now and is really excited. She told her mother about it as soon as she got home. When she told her mother that the party was on Saturday night her mother reminded her that her aunt's restaurant opening was that same night and Julie had already promised she would go with her family. Julie and her aunt have always been very close. Julie knows that her aunt will be disappointed if she doesn't show up, but Julie also knows that she won't ever have another opportunity to go out with Matt. She thinks Matt will hate her and think she doesn't like him if she says that she can't go. Julie is worried Matt will ask another girl to go to the party instead, and forget all about Julie. Julie can't decide if she should go to the restaurant opening or the party.