



Keeping Well – Unit 4

Activities 2 & 3: Scenario Sheet 2

ACTION

Copy/print one for each student/small group.

SCENARIO 4:

Katie's friend Will came over to her house the other day to hang out. Katie and Will have been friends for a long time and Katie could tell something was bothering Will as he was not his energetic talkative self; after some coaxing, Katie was finally able to get Will to tell her what was wrong. Will admitted that he was feeling really stressed out about school and was worried that he wouldn't do as well as his older brother did. Will was scared he wouldn't get a good scholarship for university and that his parents would be really angry and disappointed in him. He has also taken on additional shifts at the restaurant where he works to save some extra cash for university. He said that between that and schoolwork, he has not had much sleep. He even said that when he finally goes to bed he often can't fall asleep because his mind is racing with thoughts and worries about the things he needs to get done the next day. Will seems constantly scared about the future and letting himself and his parents down. Katie really wants to help her friend but doesn't know what she can do.

SCENARIO 5:

Sam is worried that he hasn't been getting the marks that he needs to get into his preferred university. He knows that he has not been working as hard as he could have these past few months, but he's been busy juggling schoolwork, sports, and his social life. He is almost half way through the school year and thinks it's too late to bring his grades up, so he may as well give up. Sam is feeling discouraged and doesn't know what to do. He feels like he has no options left.

SCENARIO 6:

Leah's friend Tiffany has been going through a rough time lately. Tiffany is a year ahead of Leah in school and has been stressed out over exams and getting accepted into university, as well as her recent break-up with her boyfriend. Lately, Tiffany has been in bad moods and really rude towards Leah and some of their other friends. Leah feels bad for Tiffany, but knows that it isn't fair for Tiffany to take things out on her friends. All of their other friends have also noticed the way Tiffany has been acting; Leah has heard them talk about not inviting Tiffany out with them anymore. Leah knows Tiffany is a good friend and has just been going through a difficult time. She wants to help Tiffany out before she starts to lose her friends. Leah wants to talk to Tiffany about how she has been handling her friendships lately but doesn't know if it is a good idea or how to go about it. She doesn't know what she should say and is worried about how Tiffany may react. She doesn't want to make Tiffany more stressed than she already is, and is scared she may end up ruining their friendship.