

Moving Up: Scenario Cards

Task: Discuss the scenario cards with a family member. Can you answer the questions underneath each?

I won't know my teachers and some of the children in my new class!

"I'm going to be in a new class with new teachers and children. How will I make new friends? Will I like my new teacher?"

- Why does this person feel this way?
- What should this person do?
- Who can they ask for help?



The work will be too hard!

"I found some of the work tricky this year and I'm worried I won't be able to manage next year at a higher level. Also, I've forgotten some of the things we learnt in school."

- What is worrying this person?
- What can this person do to feel better?
- Who can they ask for help?



What if someone is unkind to me!

"I'm worried that someone might be mean to me. I won't know what to say or do."

- Why is this person feeling worried?
- What actions can this person take?
- Who can they speak to?



I'm too shy!

"I'm worried that my friends or teachers won't notice me."

- Describe this person - are they confident?
- What actions can this person take?
- Who can they ask for help?



What if I become unwell at school?

"I'm worried that I may become unwell at school."

- Why might they be feeling this way?
- What could they do to keep as safe as possible?
- Who can they ask for help?



I don't want to go back to school!

"I've really enjoyed my time at home and it's been so long that I've been in school! I'll miss everyone at home and think I might not enjoy it as much as I used to."

- Why is the person feeling this way?
- How might they feel being back at school?
- Who can they speak to for help?

