



SHIELDS SCENARIOS

Directions: Read the following list of scenarios, and pose the questions as listed.

Identifying Emotions

1. You are playing a fun game. (Show shield and name the emotion.) One of your friends is running a lot and all of a sudden he/she falls. He is now crying. (Show shield and name the emotion.)

Ask: What shield can you use to help your friend's sadness go away? (Show shield and name the emotion.)

2. You are drawing a beautiful picture. (Show shield and name the emotion.) All of a sudden a friend of yours accidentally spills water over your drawing. (Show shield and name the emotion.)

Ask: What shield can you use to protect yourself and your friend from a sudden emotion? Why?

3. You are watching an amusing cartoon on the television. (Show shield and name the emotion.) Your mother comes home from work and asks you to clean your room. You feel so comfortable watching TV and don't feel like cleaning your room (Show shield and name the emotion.)

Ask: What shield can you use to protect yourself from making a bad decision? (Show shield and name the emotion.)

Making Choices

a) I am feeling bored because there is nothing on television to do and I did all my homework. I would like to feel enthusiastic. (help mother in the kitchen/call a friend)

b) I am feeling nervous because of the test we are writing soon. I would like to feel calmer. (give a hug/encourage)

c) I am feeling afraid because I have lost my keys. I would like to feel secure. (help a friend look for them).

d) I am feeling sad because I didn't help my mom when she asked me to. I would like to feel happier. (help your mom with something else/apologize)

e) I am feeling angry because my friend didn't call me to go play with him. I would like to feel more peaceful. (try find out why your friend didn't call you/forgive him).

f) I am feeling nervous. I would like to feel more confident or sure of myself. (give a hug/encourage)