

**SCENARIO CARDS  
(ANGER)**

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*Scenario Cards (Anger)*

Your brother is bugging you.

*Scenario Cards (Anger)*

Your toy fell on the floor and broke.

*Scenario Cards (Anger)*

You spend all summer doing school work.

*Scenario Cards (Anger)*

You aren't invited to your friend's birthday party.

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*Scenario Cards (Anger)*

Your mom turns off your video game in the middle of a game and makes you do chores.

*Scenario Cards (Anger)*

You find your sister reading your diary and she laughs at you.

*Scenario Cards (Anger)*

Someone makes fun of you at school because of your grades.

*Scenario Cards (Anger)*

You are accused of cheating on a test because the teacher says you couldn't have done so well on your own.

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*Scenario Cards (Anger)*

Your older brother tells you your family would have been better off if you were never born.

*Scenario Cards (Anger)*

You parents won't buy you the new video game you want.

*Scenario Cards (Anger)*

You don't feel good, but your parents make you go to school anyhow.

*Scenario Cards (Anger)*

You aren't allowed to play outside by yourself even though you think you're plenty old enough.

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*Scenario Cards (Anger)*

You get a bad grade on an important assignment at school.

*Scenario Cards (Anger)*

Your friend cheats to win the game you are playing.

*Scenario Cards (Anger)*

You want to play a certain game at recess, but none of your friends want to play the same game.

*Scenario Cards (Anger)*

You don't want to talk about it, but your teacher keeps asking what's wrong.



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*Scenario Cards (Anger)*

Your soccer or baseball game that you were looking forward to is cancelled.

*Scenario Cards (Anger)*

You want to hang out with your Mom, but she decided to go out with friends instead.

*Scenario Cards (Anger)*

Your parents make you clean your room instead of going outside.

*Scenario Cards (Anger)*

Your Grandma makes broccoli for dinner again. You hate broccoli.

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*Scenario Cards (Anger)*

Your parents make you go to bed early because you “need a good night’s sleep.”

*Scenario Cards (Anger)*

You overhear one friend telling another how ugly you they think you are.

*Scenario Cards (Anger)*

Your friend spills juice on you at lunch.

*Scenario Cards (Anger)*

You’re trying to tell a story and one of your friends keeps cutting you off and trying to tell the story herself.

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*Scenario Cards (Anger)*

Your teacher makes you move your desk to the other side of the room away from all your friends.

*Scenario Cards (Anger)*

You want a snack after school, but your Mom says you need to get your homework done first.

*Scenario Cards (Anger)*

You are coloring a picture for someone special when a kid from class bumps into your arm and ruins it.

*Scenario Cards (Anger)*

Your mom goes back to work, and now you go to after school care instead of being home.

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*Scenario Cards (Anger)*

You have your hand up to answer a question, but your teacher never calls on you.

*Scenario Cards (Anger)*

Your little brother won't leave you alone when you have friends over.

*Scenario Cards (Anger)*

Your parents continue to remind you that you need to get your chores done.

*Scenario Cards (Anger)*

You can't figure out tonight's homework and you feel stupid.



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*Scenario Cards (Anger)*

Your parents wake you up for church Sunday morning, but all you want to do is sleep.

*Scenario Cards (Anger)*

You're at the mall and your little brother is having a meltdown as your friends are walking towards you.

*Scenario Cards (Anger)*

Your parents ask where everyone wants to go out to dinner, but they don't go to the place you pick.

*Scenario Cards (Anger)*

You feel like your parents do everything your little sister asks but don't do anything for you.

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*Scenario Cards (Anger)*

You trip at school. Everyone laughs and you are embarrassed.

*Scenario Cards (Anger)*

Your Dad gets a new job and your family moves away from your neighborhood and school.

*Scenario Cards (Anger)*

Your Mom makes you clean up a mess that your brother made.

*Scenario Cards (Anger)*

You see a new puppy who is free to a good home, but your parents won't let you get him.

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You parents make you do the dishes even though it is your brother's turn.

*Scenario Cards (Anger)*

Your older brother is running late and you miss the bus.

*Scenario Cards (Anger)*

You are blamed for breaking something at home, but it wasn't you.

*Scenario Cards (Anger)*

Your father doesn't show up for your championship soccer game.

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*Scenario Cards (Anger)*

You want a cell phone, but your mom says you aren't old enough for that.

*Scenario Cards (Anger)*

You take your favorite toy to school and the teacher confiscates it because the kids next to you are playing with it during class.

*Scenario Cards (Anger)*

No matter how hard you study, you just can't seem to figure out that one subject at school.

*Scenario Cards (Anger)*

There is one teacher at school who just doesn't like you and keeps telling your parents that you're "acting up."



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