Your brother is bugging you.

Your toy fell on the floor and broke.

You spend all summer doing school work.

You aren’t invited to your friend’s birthday party.
Your mom turns off your video game in the middle of a game and makes you do chores.

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

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

You are accused of cheating on a test because the teacher says you couldn’t have done so well on your own.
Your older brother tells you your family would have been better off if you were never born.

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

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

You aren’t allowed to play outside by yourself even though you think you’re plenty old enough.
You get a bad grade on an important assignment at school.

Your friend cheats to win the game you are playing.

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

You don’t want to talk about it, but your teacher keeps asking what’s wrong.
SCENARIO CARDS (ANGER)

SCENARIO CARDS (ANGER)

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SCENARIO CARDS (ANGER)
Your soccer or baseball game that you were looking forward to is cancelled.

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

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

Your Grandma makes broccoli for dinner again. You hate broccoli.
SCENARIO CARDS (ANGER)

SCENARIO CARDS (ANGER)
Your parents make you go to bed early because you “need a good night’s sleep.”

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

Your friend spills juice on you at lunch.

You’re trying to tell a story and one of your friends keeps cutting you off and trying to tell the story herself.
Your teacher makes you move your desk to the other side of the room away from all your friends.

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

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

Your mom goes back to work, and now you go to after school care instead of being home.
You have your hand up to answer a question, but your teacher never calls on you.

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

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

You can’t figure out tonight’s homework and you feel stupid.
Your parents wake you up for church Sunday morning, but all you want to do is sleep.

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

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

You feel like your parents do everything your little sister asks but don’t do anything for you.
SCENARIO CARDS
(ANGER)

SCENARIO CARDS
(ANGER)
You trip at school. Everyone laughs and you are embarrassed.

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

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

You see a new puppy who is free to a good home, but your parents won’t let you get him.
You parents make you do the dishes even though it is your brother’s turn.

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

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

Your father doesn’t show up for your championship soccer game.
SCENARIO CARDS (ANGER)

SCENARIO CARDS (ANGER)
You want a cell phone, but your mom says you aren’t old enough for that.

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

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

There is one teacher at school who just doesn’t like you and keeps telling your parents that you’re “acting up.”
SCENARIO CARDS
(ANGER)

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