

# Situation Cards

## Situation 1

It's time for recess! You're planning to play on the swings, but when you get to the playground, all the swings are being used.

How do you feel?

## Situation 2

It's the end of the school day. Parents have already picked up all your classmates, but your parent/caregiver isn't here yet.

How do you feel?

## Situation 3

You have your friends over and are playing a board game. Suddenly, your dog runs through the living room and runs over your game. Game pieces go flying and you lose your spot on the gameboard.

How do you feel?

## Situation 4

You are next in line to get an autographed picture with your favourite character/famous person/athlete.

How do you feel?

## Situation 5

You are waiting in line to go on a roller coaster that goes really fast and really high.

How do you feel?

## Situation 6

Your parents/caregivers are going to go out to dinner and a babysitter is coming to watch you while they are gone.

How do you feel?

## Situation 7

You painted a really pretty picture in art class and the teacher holds it up to show everyone.

How do you feel?

## Situation 8

Your best friend invited you to a playdate on Saturday. But that morning, your friend's mother calls to say that your friend is sick and the play date is cancelled.

How do you feel?