

BUILDING RESILIENCE

Situation cards



HAND OUT

Death of a pet

situation

Argument with your best friend

situation

**Haven't finished your
coursework on time**

situation

Got a really bad mark in a test

situation

**Your Grandfather
is really poorly**

situation

You are having to move house

situation

**Your football team
have lost the league**

situation

Your Dad has lost his job

situation

**You have lost the watch your
Mum gave you for your birthday**

situation

You got pushed over on the bus

situation



BUILDING RESILIENCE

Situation cards (cont...)



HAND OUT

**Your friends have gone
to a party without you**

situation

**Someone has posted nasty
comments on your Instagram**

situation

**You don't want to do piano
lessons any more and don't know
how to tell your mum**

situation

situation

situation

situation

situation

situation

situation

situation

