

Support Circle

Scenario Cards



Scenario 1	I feel left out at school
Scenario 2	I have a big test coming up
Scenario 3	I argued with my friend
Scenario 4	Someone made a joke and it hurt my feelings
Scenario 5	I'm struggling with my homework
Scenario 6	I feel nervous about starting a new club
Scenario 7	My parents set a rule i think is unfair
Scenario 8	I'm having trouble focusing in class
Scenario 9	Someone at school is teasing me
Scenario 10	I have to give a presentation in front of my class

Coping Strategy Cards

Strategy A	Practice at home and use cue cards to feel more prepared.
Strategy B	Stay confident, tell a trusted adult if it continues.
Strategy C	Try sitting closer to the front or removing distractions.
Strategy D	Ask why the rule exists and share your feelings respectfully.
Strategy E	Try it once, being new is okay. Everyone starts somewhere!
Strategy F	Ask a teacher or friend for help and break tasks into smaller steps.
Strategy G	Tell them how it made you feel and set a boundary.
Strategy H	Give each other space, then talk it out calmly.
Strategy I	Create a study plan and take breaks while revising
Strategy J	Talk to someone you trust or join a group activity.