

Name: _____

Select one or more of the situations below and answer the questions for the person described.

Situation #1: Myrna spent most of her break time alone. While the other girls would gather and talk about movies or fashion or boys, she would stand against the wall of the school and wait until the break was over and she could go back inside. This happened day after day until she could no longer stand their laughter, smiles, and loud voices. Her fists started to clench, her eyes started to water, and she could feel the tension rising in her chest. "I have had it!" she said as she stomped towards the group of girls nearby.

Situation #2: Naveen was at the breaking point. He knew that he needed to get an A on this test, but he was sure that wouldn't happen. He had studied and studied, but it just didn't make any sense to him. His parents told him that if he got an A, he could buy that new video game, but the way things were going, he'd never get that chance. Why did his older sister always get the A's? Just thinking about it made his chest tighten up, and he felt like he wanted to break something. One more word about "Sister A" and he would lose it!

Situation #3: Nell hated walking home from school. She had to walk through the park and those stupid kids were always hanging out near the trees. They made her so mad. They had started teasing her because she wouldn't talk to them. Each day, it seemed to get worse. This time, she would show them. She had a rock in her pocket. If one of them said something, they would regret it!

Questions:

What was the primary emotion the person was feeling? _____

What action does he/she seem to be ready to take? What might be the results? _____

What could he/she do to address the issue before it got out of control? _____
