

ROLE-PLAYING SCENARIOS

The following scenarios are designed to be acted out by children in small groups to allow them to discuss how they would respond to the situation. By using expressive dialogue and considering the feelings of all characters involved, these are designed to build self-esteem and help children understand how to positively respond to different social situations.

Props or costumes can be used to add an element of fun and help children get into their roles. These scenarios and acting them out will allow children to practice social skills in a safe environment, empathise with others, develop conflict resolution skills, and helps them internalise ways to boost their self-esteem and respond to challenges with resilience.

SCENARIO CARDS:

Overcoming Failure:

Situation: A child tries out for a school sports team but doesn't make the cut.

Task: Role-play a conversation with a coach or a parent discussing how they feel and what steps they could take next.

Dealing with Bullying:

Situation: A child hears someone making fun of them because of a mistake.

Task: Role-play how to stand up for themselves or seek help from a teacher or friend.

Peer Pressure:

Situation: Friends are pressuring a child to do something they're uncomfortable with.

Task: Role-play how to assertively say no and suggest a better activity they can all enjoy.

Receiving Criticism:

Situation: A child receives feedback on a project that wasn't as positive as they hoped.

Task: Role-play a discussion with a teacher to understand the feedback and how to improve.

New Student:

Situation: A new student is shy and finding it hard to make friends.

Task: Role-play how to approach the new student and make them feel welcome.

Exchange ideas, feelings and understandings
with others.

