

## SCENARIO TEMPLATE, YEARS 5 & 6

<p style="text-align: center;">1</p> <p>You have been invited to a good friend's birthday sleepover and have been looking forward to it for weeks. The night before the party, you get a stomach bug and can't go.</p>	<p style="text-align: center;">2</p> <p>It is the day of your school cross country. You have been doing your best even though it's not your favourite event. You are reaching the end when you trip over and twist your ankle in front of everyone waiting at the finish line.</p>	<p style="text-align: center;">3</p> <p>Your little sister loves to play with lego on the floor of your lounge at home. You walk into the room, stand on a piece of lego and start to yell. Your Mum comes into the room and tells you to help your sister pick it up and put it away.</p>
<p style="text-align: center;">4</p> <p>Your whole class have been writing speeches and today is the day to practice it in front of a group of kids. You get really nervous, say your speech very fast and they don't look like they are listening.</p>	<p style="text-align: center;">5</p> <p>You love spending time with your grandma and go around to her house a lot. Your parents tell you that she is away on holiday for a month so you won't be able to visit her.</p>	<p style="text-align: center;">6</p> <p>You accidentally fall off your bike when out riding and graze your knee. It stings all the way home.</p>

For this activity you will need a dice and some coloured tokens in 3 colourways (make sure you have about 3 or 4 of each colour).  
eg. Yellow, Red and Green – **Yellow is physical, Red is emotional and Green is both.**

Using the dice, each member of the group takes turns rolling the dice.

Starting at No.1, working their way through to 6, they can only read the scenario once they roll the same number on the dice -  
eg. First student rolls the dice til they get No.1 and then read out scenario 1, etc.

Once the scenario is read out loud to the group by the person whose turn it is, they all discuss together what types of pain are experienced and then put those tokens onto the relevant scenario.