**Personal Growth (Grade 10)**

Learning Target: I can identify different ways to respond to frustrating situations.

**Activity IV:** What would you do if?....

Option 1: Read through each of the following and describe your response. Compare your responses to other people’s responses

Option 2: Act out each scenario. After acting out the scenario, discuss different ways to respond

1. You have a big date tonight. You spend an hour looking for your favorite shirt to wear on your date. You come across your sibling, who is wearing your favorite shirt, with a big stain down the front.
   * 1. Your response:
2. You have had a crush on someone for the past 6 months. Your crush asks your best friend out on a date. Your friend goes out on a date with your crush without telling you. When you ask your friend what he/she did Friday night, the response is “Oh, I went out with \_\_\_\_\_\_\_\_”
   * 1. Your response:
3. You ask a friend to fill in for you at work 2 weeks in advance and your friend agrees. The night before your friend is supposed to work for you, he calls and says he’s changed his mind. He doesn’t have any reason for changing his mind.
   * 1. Your response:
4. Your coworker asks you to cover for him this upcoming weekend so he can go to his little sister’s dance recital out of state. You cancel your plans to help him out. On Monday, you overhear him say that he slept all weekend.
   * 1. Your response:
5. You stay up late completing your Science project. When you get to school the next day, your friend gets mad when you won’t let him copy it.
   * 1. Your response:
6. You go out with a few of your friends on Saturday night. You have a curfew, and they don’t. When it’s time for you to go home, your friends refuse to take you home until they’re ready to go home. You get punished for coming home late.
   * 1. Your response:
7. Describe a situation that has left you responding in an angry way (or wanting to respond in an angry way)
   * 1. How did you respond at the time?
     2. Ask someone in your advisory how they would have responded to your situation.