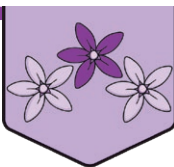


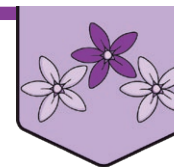
Communicating



1. Your friend teases you. You know she is not meaning to upset you but it is beginning to make you feel upset.

**What would you do and what you would say?**

Communicating

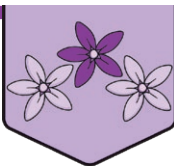


2. A girl in your school has recently suffered a bereavement - her grandad has died. She is very sad and struggling to cope with her thoughts and feelings.

**What would you advise her to do to help her communicate her feelings and let it out?**

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).

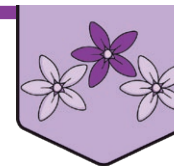
Communicating



3. Your cousin tries to tell you what do all the time and it is making you feel very cross.

**What would you do and what would you say?**

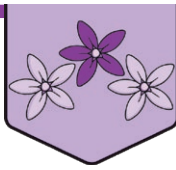
Communicating



4. Your best friend's parents have decided to get divorced. Your friend has very mixed feelings and is feeling confused.

**What would you advise your friend to do to help her communicate her feelings and let it out?**

Communicating

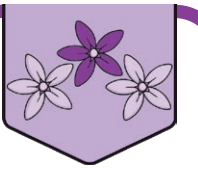


5. Someone in your class has been told they are moving to different part of the country, meaning they have to move house and school. This change feels very big for them and they are feeling very worried, frightened and sad. They are worried about talking about how they feel, they don't want to upset their parents.

**What would you advise them to do to help them let their true thoughts and feelings out?**

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Communicating



6. You are feeling very angry because you have been blamed for something that isn't your fault.

**What would you do and what would you say?**

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