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| **Section: Emotions and Reactions Quiz** | | | |
| **Objective:** | | Children participate as a group in an out-loud quiz by running to the best answer. This quiz test their understanding of appropriate emotional reactions to conflicts.  SEL Competency: Self Management  Developmental level: Advanced  Key message: Self management is crucial to help us react appropriately in difficult situations  Time: 16 mins 30 seconds | |
|  | **Character name** | | **Content:** *Format*  (TONE OF ADDRESS)/‘Lines from script’/song/sound clip no. |
| **1.** | FX (sound FX) | | *STANDARD INTRODUCTORY JINGLE NO.xx* |
| **2.** | Host | | Today we are going to do a quiz together. I’m going to ask a question or tell you about a situation and we’re going to think about what to do.  We’re going to try to imagine that we are faced with these situations in our own lives and try to decide how we would react.  The questions are about feelings and reactions. There are no right and wrong answers, so don’t worry about that! I just want you to imagine how you would act in these situations.  Will we try a practice round together? |
| **3.** | All | | Yes |
| **4.** | Host | | Ok! Great! |
| **5.** | FX (sound FX) | | Sound to introduce quiz. Something “countdown-y” |
| **6.** | Host | | What do you do when a boy in your class calls you a liar?  Do you:   1. Give him a kick 2. Ask him why he called you a liar   Or   1. Start crying and run to your mama   Again, What do you do when a boy in your class calls you a liar?  Do you:   1. Give him a kick 2. Ask him why he called you a liar   Or   1. Start crying and run to your mama   Think about it at home and call out your responses out loud! |
| **7.** | FX (sound FX) | | 20 seconds Sound to give children at home time to think |
| **8.** | Host | | Ok! What do you think? Who wants to answer the question: What do you do when a boy in your class calls you a liar?  Do you:   1. Give him a kick 2. Ask him why he called you a liar   Or   1. Start crying and run to your mama |
| **9.** | Child A | | (QUESTIONING) Ask him why? but I think maybe I’d be really angry.  (INDIGNANT) I’m not a liar! |
| **10.** | Host | | (KINDLY) I’m sure you’re not! Even though it can be really hard when someone calls you a liar, instead of getting angry and kicking the boy, or running away and crying, the best thing to do it to ask him why he thinks you are a liar!  Will we try another one? |
| **11.** | All | | Yes! |
| **12.** | Host | | Ok! Lets go! |
| **13.** | FX (sound FX) | | Sound to introduce quiz. Something “countdown-y” |
| **14.** | Host | | Your friend just won a football match. You also love to play football, but you were not chosen for the team. You are still angry about that. Your friend comes to tell you that he won the match. He is very excited and wants to talk about the match. What do you do?  Do you:   1. Tell him to stop bothering you. 2. Pretend to listen, but you do not want to hear what he is saying.   Or:   1. Listen to him. It is not his fault that you are not on the team.   Again, Your friend just won a football match. You also love to play football, but you were not chosen for the team. You are still angry about that. Your friend comes to tell you that he won the match. He is very excited and wants to talk about the match. What do you do?  Do you:   1. Tell him to stop bothering you. 2. Pretend to listen, but you do not want to hear what he is saying.   Or:   1. Listen to him. It is not his fault that you are not on the team.   Think about it at home and call out your responses out loud! |
| **15.** | FX (sound FX) | | 20 seconds Sound to give children at home time to think |
|  | Host | | Ok! What do you think? Who wants to answer the question: What do you do? |
|  | Child B | | (STUBBORNLY) Ugh.. I don’t want to hear about it! |
|  | Child C | | (INDIGNANTLY) But it’s not your friends fault if the coach doesn’t pick you for the team.. |
|  | Child B | | (KINDLY) Yeah, the nice thing to do is to listen to your friend. But it would be really, really hard not to be jealous. |
|  | Host | | (KINDLY) You are right it would be so hard to be happy for your friend if they were on the team and you were not. Especially if they won.  But you are right that the best thing to do is to listen to your friend when they won. When something good happens to you, you want to share the news with everyone. It can feel really, really bad when our friends don’t want to hear about the good things that happen to us. Maybe next time something good happens to you, your friend will be there to listen to you!  Will we do another one? |
|  | All | | Yes! |
|  | Host | | Ok! Lets go! |
|  | FX (sound FX) | | Sound to introduce quiz. Something “countdown-y” |
|  | Host | | You had a very good mark for mathematics at school and you are very happy. What do you do?   1. You run home and start talking about your marks to the first person you meet. 2. You tell your best friend.   Or   1. You do not tell anybody.   Again, You had a very good mark for mathematics at school and you are very happy. What do you do?   1. You run home and start talking about your marks to the first person you meet. 2. You tell your best friend.   Or   1. You do not tell anybody.   Think about it at home and call out your responses out loud! |
|  | FX (sound FX) | | 20 seconds Sound to give children at home time to think |
|  | Host | | Ok! What do you think? Who wants to answer the question: What do you do? |
|  | Child C | | Tell my best friend! And my mama and papa! |
|  | Host | | Very good! Getting good marks in mathematics is really hard! You should be able to tell people about your successes! But it’s best to tell people you know will celebrate with you.  Ready for the next question? |
|  | All | | Yes |
|  | Host | | Ok! Lets go! |
|  | FX (sound FX) | | Sound to introduce quiz. Something “countdown-y” |
|  | Host | | Your mama is angry with you, but you do not know why. What do you do?   1. You run away from home and go to your aunt’s place. 2. You find out why she is angry.   Or   1. You get angry too.   Again, Your mama is angry with you, but you do not know why. What do you do?   1. You run away from home and go to your aunt’s place. 2. You find out why she is angry.   Or   1. You get angry too.   Think about it at home and call out your responses out loud! |
|  | FX (sound FX) | | 20 seconds Sound to give children at home time to think |
|  | Host | | Ok! What do you think? Who wants to answer the question: What do you do? |
|  | Child D | | Umm.. sometimes when my mama is angry I go to my aunts house until she forgets that she’s angry…. |
|  | Host | | (KINDLY) Sometimes, when people are really angry, they can become violent. When this is happening, the best thing to do is to go someplace safe until things calm down. Speak to an adult that you trust and that will keep you safe.  When things are a bit more calm, the best thing to do is to find out why your mama is angry. Maybe it’s something small that’s easy to fix, maybe its something big that is not your fault or responsibility, or maybe its something that has nothing to do with you at all!  Will we do another one? |
|  | All | | Yes |
|  | Host | | Ok! Lets go! |
|  | FX (sound FX) | | Sound to introduce quiz. Something “countdown-y” |
|  | Host | | Your friend asks you to come with him, because he wants to tease a girl near the waterhole. What do you?   1. You go with him. 2. You say that you are busy doing other things.   Or   1. You tell him that teasing others is not a nice thing to do.   Again, Your friend asks you to come with him, because he wants to tease a girl near the waterhole. What do you?   1. You go with him. 2. You say that you are busy doing other things.   Or   1. You tell him that teasing others is not a nice thing to do.   Think about it at home and call out your responses out loud! |
|  | FX (sound FX) | | 20 seconds Sound to give children at home time to think |
|  | Host | | Ok! What do you think? Who wants to answer the question: What do you do? |
|  | Child A | | Teasing people is mean! I’d tell them that and maybe say we could do something else instead! |
|  | Host | | Well done! Very good! Teasing other children is not nice at all and if you can, try to stand up for people who are being teased by stopping your friends from being mean to others.  Ready for another question? |
|  | All | | Yes |
|  | Host | | Ok! Lets go! |
|  | FX (sound FX) | | Sound to introduce quiz. Something “countdown-y” |
|  | Host | | A friend accuses you of stealing his books. This is not true, but your friend is really angry. What do you do?   1. You fight. 2. You go home and decide this boy is no longer your friend.   Or   1. You ask him why he thinks that you stole his books and explain that you did not.   Again, A friend accuses you of stealing his books. This is not true, but your friend is really angry. What do you do?   1. You fight. 2. You go home and decide this boy is no longer your friend.   Or   1. You ask him why he thinks that you stole his books and explain that you did not.   Think about it at home and call out your responses out loud! |
|  | FX (sound FX) | | 20 seconds Sound to give children at home time to think |
|  | Host | | Ok! What do you think? Who wants to answer the question: What do you do? |
|  | Child B | | Tell them that it wasn’t me! |
|  | Host | | Well done! If it wasn’t you, try to explain that to your friend. If your friend is really, really angry, you don’t have to talk to him immediately. You can take some time and talk to them when they are more calm.  Explain to them that you did not steal their book and try to understand why he thinks you did. Maybe you can figure out what happened together. The book might just be lost!  Ready for another question? |
|  | All | | Yes |
|  | Host | | Ok! Lets go! |
|  | FX (sound FX) | | Sound to introduce quiz. Something “countdown-y” |
|  | Host | | A boy or girl tells you they are in love with you. You like him or her but you feel you are too young for love. What do you do?   1. You start crying. 2. **You tell him that you are too young and just want to be friends.**   Or   1. You run to the teacher and tell him or her.   Again, A boy or girl tells you they are in love with you. You like him or her but you feel you are too young for love. What do you do?   1. You start crying. 2. **You tell him that you are too young and just want to be friends.**   Or   1. You run to the teacher and tell him or her.   Think about it at home and call out your responses out loud! |
|  | FX (sound FX) | | 20 seconds Sound to give children at home time to think |
|  | Host | | Ok! What do you think? Who wants to answer the question: What do you do? |
|  | Child C | | I would want to stay friends. But it would be hard to tell them if they said they loved me. I wouldn’t want to make them sad. |
|  | Host | | (KINDLY) It can be hard to tell people that you don’t feel the same way as them but it’s important to be honest. it’s also really important not to feel pressured into doing something you don’t want.  Will we try another one? |
|  | All | | Yes |
|  | Host | | Ok! Lets go! |
|  | FX (sound FX) | | Sound to introduce quiz. Something “countdown-y” |
|  | Host | | You and your friends are at the waterhole. A man comes to you and starts pushing your friend, who is a girl. The man wants to hurt her. What do you do?   1. You run away and hide, leaving your friend behind. 2. **You start shouting for help.**   Or   1. You report to your parents.   Again, You and your friends are at the waterhole. A man comes to you and starts pushing your friend, who is a girl. The man wants to hurt her. What do you do?   1. You run away and hide, leaving your friend behind. 2. **You start shouting for help.**   Or   1. You report to your parents.   Think about it at home and call out your responses out loud! |
|  | FX (sound FX) | | 20 seconds Sound to give children at home time to think |
|  | Host | | Ok! What do you think? Who wants to answer the question: What do you do? |
|  | Child D | | Shout for help! That man sounds really scary and dangerous. |
|  | Host | | Exactly. Well done. That man does sound scary. Don’t even feel like you have to deal with scary things on your own. Scream and shout for help to make sure you and your friend are safe.  Another one? |
|  | All | | Yes |
|  | Host | | Ok! Lets go! |
|  | FX (sound FX) | | Sound to introduce quiz. Something “countdown-y” |
|  | Host | | You didn’t sleep well. You had a bad dream. What do you do?   1. **You tell somebody you trust.** 2. You run away from home, because you’re afraid at home now.   Or   1. You keep quiet.   Again, You didn’t sleep well. You had a bad dream. What do you do?   1. **You tell somebody you trust.** 2. You run away from home, because you’re afraid at home now.   Or   1. You keep quiet.   Think about it at home and call out your responses out loud! |
|  | FX (sound FX) | | 20 seconds Sound to give children at home time to think |
|  | Host | | Ok! What do you think? Who wants to answer the question: What do you do? |
|  | Child A | | Tell my mama, she is always kind when I have a bad dream |
|  | Host | | Very good. You would tell someone you trust like your mama.  Will we do one more? |
|  | All | | Yes |
|  | Host | | Ok! Lets go! |
|  | FX (sound FX) | | Sound to introduce quiz. Something “countdown-y” |
|  | Host | | You have been asked to perform at the school’s music gala. You feel very pleased, but also scared to perform. What do you?   1. On the day of the gala you say you are sick and run away 2. You tell yourself: “I can do this!”   Or   1. You tell your teacher: “Please ask somebody else!”   Again, You have been asked to perform at the school’s music gala. You feel very pleased, but also scared to perform. What do you?   1. On the day of the gala you say you are sick and run away 2. You tell yourself: “I can do this!”   Or   1. You tell your teacher: “Please ask somebody else!”   Think about it at home and call out your responses out loud! |
|  | FX (sound FX) | | 20 seconds Sound to give children at home time to think |
|  | Host | | Ok! What do you think? Who wants to answer the question: What do you do? |
|  | Child B | | This happened to me once. My teacher asked me to read a story I wrote for parents day. I was so, so nervous. I asked my teacher to pick someone else to read my story out loud. |
|  | Host | | How did that make you feel afterwards? |
|  | Child B | | Bad. I wanted to read the story out loud but I was too scared at the time. I wish I had done it though! |
|  | Host | | That’s ok! I’m sure your teacher will give you another opportunity to read one of your stories out loud again!  When this happens, what do you think the best this to do would be:   1. Pretend to be sick and run away 2. Tell yourself: “I can do this!”   Or   1. Tell your teacher to ask someone else again |
|  | Child B | | Tell myself I can do it this time! |
|  | Host | | Very good! And I know you will do it next time! You write such amazing stories and you deserve a chance to read them out yourself!  What did you think of the quiz? Did you like it? |
|  | All | | Yes |
|  | Host | | Was it hard to choose the best emotional response? |
|  | All (at once) | | Sometimes  Kind of |
|  | Host | | Sometimes it’s easier to know what to do than to actually do it, isn’t it? |
|  | All | | Yeah! |
|  | Host | | Did you learn anything playing this quiz? |
|  | All | | Yes! |
|  | Host | | Does anyone want to share what they learnt today? |
|  | Child A | | I learnt… ummm…. I learnt that I should think before I do anything to make sure I do the right thing? |
|  | Host | | Very good! When faced with difficult situations, sometimes our automatic reaction is to fight, or explode, or run away. This is normal. When this happens, try to pause and take a few really deep breaths, in through the nose and out through your mouth. Fill your belly up with air and then let it go again.  We saw in the quiz that you do know the best thing to do when faced with a challenging situation, it’s just that it can be really hard to do it in a stressful moment.  When you take deep breaths, you are giving yourself juet enough time to calm down and choose to do the right thing. |
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