

Emotion Role Play



You're sitting in front of the T.V. - there is nothing on that interests you - you are bored.	You just sat down beside an ashtray full of cigarette butts and ashes. The smell is off-putting. You feel disgusted.	You get up in the morning and go outside to feed your pet. During the night your pet has died. You're very upset.	Your teacher has just told you that you make great contributions to the class - you're very pleased and feel happy.	You're really good at maths - better than your friend, who is beside you. Yet the teacher always praises the socks off your friend and never praises you at all. Besides being disappointed, you're also jealous.
It's your birthday - you can't wait to open your presents. You're so excited you can't stay still.	You're at the seaside, the sun is shining, the sea is blue - no homework - you feel good.	One of your classmates has taken a lend of your new ruler without asking you - you're really annoyed with her/him.	You arrive home from school and ring the doorbell - no answer. You try again - no answer. You begin to get worried in case something is wrong.	After waiting in vain for a long time for your friend to turn up at an agreed place, you leave. You're disappointed at first and then angry that she/he didn't come.
You are playing ball outside. You kick the ball as hard as you can and it crashes through your elderly neighbour's window. You feel anxious.	You are in bed. It is the middle of the night. You hear a sound outside the window. You don't know what it is. You are feeling scared.	Your friend in class doesn't sit next to you. He/she sits with another person. You feel disappointed.	Your brother pretends he isn't feeling well and doesn't do his half of the chores in the house. Your mum lets him away with not doing the chores. You feel frustrated.	You want to go with your friends to the cinema. Your parents say that you are too young to go alone. You feel let down.

Adapted from <http://www.nicurriculum.org.uk/>