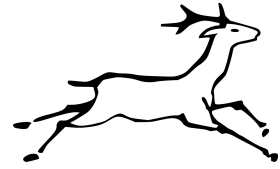


Ups and Downs – Scenarios



You wake up in the morning and the sun is shining

Your family have run out of your favourite breakfast

You arrive late to school

You are working with the horses first thing in the morning at school

You complete a really difficult piece of work

You hear someone telling lies about you

You paint a picture, but someone spills water on it

You have brought your favourite lunch with you

An adult asks you to deliver a message. You forget who you are supposed to deliver it to.

You fall over and hurt yourself

You watch TV when you get home

You get to stay up a bit later than usual