



Social scenario discussion cards

This printable set contains 64 cards, each reflecting a different social scenario that may be encountered by children and young people. Targeting upper primary and high school students, these cards are suitable for young people of all neurotypes. Great for use by occupational therapists, psychologists, other allied health professionals and educators for practical activities to help people explore social situations, reflect on how they may make us feel, brainstorm responses and problem solve challenges.

Believe and Become, through the REACH UP initiative, is proudly delivering projects for the Peer Support and Capacity Building (PSCB) grant for the NDIS, including this free resource.

A peer told you your drawing was terrible. How would you feel? What would you do?



Believe and Become

You forgot to bring your homework to school and know your teacher will be annoyed.

How would you feel?
What would you do?



Believe and Become

You laughed at a peer for saying a wrong answer out loud in class.

How would they feel?
How would you feel if it were you?



Believe and Become

Your sibling went to the shop with your mum and came back with a treat. They didn't bring you one.

How would you feel?
How would they feel if it were you?



Believe and Become

You were late to school and your teacher told you off in front of the whole class.

How would you feel?
What would you do?



Believe and Become

Your friend is talking on and on about their favourite show that you haven't seen.

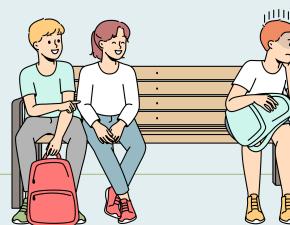
How would you feel?
What would you do?



Believe and Become

There is a new person in your class and one of your good friends seems to be talking with them a lot.

How would you feel?
What would you do?



Believe and Become

One of your good friends seems a bit distant, like they are avoiding you.

How would you feel?
What would you do?



Believe and Become

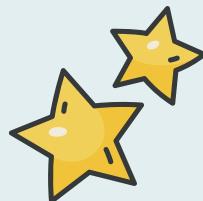
Your mum told you it was time for dinner, but you weren't finished your game.

How would you feel?
What would you do?



Your teacher seems to have favourites and they get many more reward points than you.

How would you feel?
What would you do?



You forgot it was a multi-day and came to school in your uniform.

How would you feel?
What would you do?



Your close friend was away sick and you couldn't find anyone to spend breaks with.

How would you feel?
What would you do?



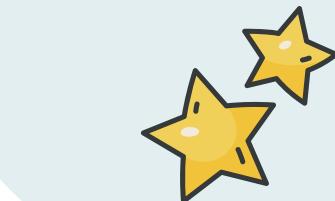
A friend got upset with you for saying something they thought was rude. You didn't mean to be rude.

How would you feel?
What would you do?



Your teacher seems to have favourites and they get many more reward points than you.

How would you feel?
What would you do?



You find out other friends caught up on the weekend but you weren't invited.

How would you feel?
What would you do?



You have to do a speech in front of your whole class.

How would you feel?
What would you do?



Your younger sibling gets picked to represent the school in sport.

How would you feel?
What would you do?



Your dad tells you it's bedtime but you are in the middle of an online tournament.

How would you feel?
What would you do?



You have a group project and the others are leaving all the work to you.
How would you feel?
What would you do?



Your teacher asks you a question but you weren't listening and don't know the answer. Everyone laughs.
How would you feel?
What would you do?



Your friend is allowed a phone and you are not.
How would you feel?
What would you do?

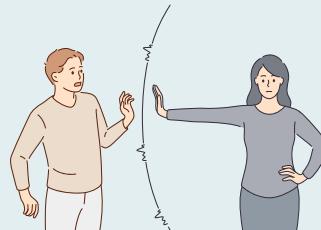


It is so noisy in your classroom that you can't concentrate.

How would you feel?
What would you do?



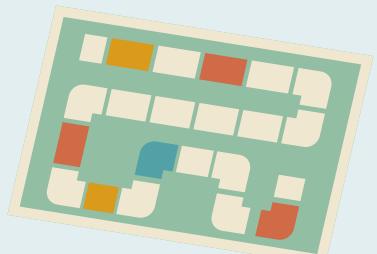
You are talking to a friend about a cause you feel strongly about. They say they don't care.
How would you feel?
What would you do?



Your teacher has given a lot of work and you are feeling overwhelmed and like you might cry.
What would you do?



You are playing a game but your brother isn't following the rules.
How would you feel?
What would you do?



Your parents ban your technology for being rude to them.

How would you feel?
What would you do?



You worked really hard on a story but your teacher gave you some negative feedback.

How would you feel?
What would you do?



You overhear a peer calling someone an awful name.

How would you feel?
How might they feel?
What would you do?



You disagree with a friend about what to do during break.

How would you feel?
What would you do?



Your teacher says something in class you don't agree with.

How would you feel?
What would you do?



You worked really hard on a story but your teacher gave you some negative feedback.

How would you feel?
What would you do?

One of your friends is picking on a younger child on the bus.

How would you feel?
What would you do?



You are going to a new karate class and you won't know anyone.

How would you feel?
What would you do?



You want to watch a show but your sister wants to watch something else.

How would you feel?
What would you do?



You have a group project and no-one can agree on a plan.

How would you feel?
What would you do?



A person you thought was a friend has been sending you horrible texts.

How would you feel?
What would you do?



You tell your friend about a story idea you've had, and later they seem to have copied it.

How would you feel?
What would you do?



Your parents won't let you go to a party that everyone else is going to.

How would you feel?
What would you do?



You saw a friend steal something from a peer's bag. How would you feel?
What would you do?



A person you thought was a friend has been sending you horrible texts.

How would you feel?
What would you do?



Someone shares a photo of you without your permission.

How would you feel?
What would you do?



Your parents are taking you to visit family friends. There will be lots of other people there you don't know.

How would you feel?
What would you do?



You feel like others are talking about you behind your back.

How would you feel?
What would you do?



Your teacher expects you to sit still in class but this is really hard for you and makes it hard to concentrate.
How would you feel?
What would you do?



There is a new person at school you would like to get to know.
How would you start a conversation?
How would you feel?



You're playing tip but a peer keeps tipping you so hard it hurts.
How would you feel?
What would you do?



Your friends are playing soccer, but they keep changing the rules.
How would you feel?
What would you do?



A peer is teasing you. They say they are just joking but it's making you feel upset.
What would you do?



Someone accuses you of spreading rumours about them. It wasn't you.
How would you feel?
What would you do?



You get a text from a friend that sounds like they are angry at you. You don't know why.
How would you feel?
What would you do?



Your Nan expects you to eat all your dinner but the texture makes you feel sick.
How would you feel?
What would you do?



You are feeling really stressed and overwhelmed about your schoolwork. What would you do?



No matter how hard you try to fit in you still feel different to other kids. How do you feel? Who can you talk to about it?



You're at a family function and your little cousins are being really noisy and demanding. How would you feel? What would you do?



You are finding it hard to get through your schoolwork because the classroom is so distracting. Your teacher keeps making you stay in at break times to finish but you feel this makes it even harder.

What would you do?



Your classroom is so busy, bright, and crowded it is hard to focus. How would you feel? What would you do?



Your friends are all going to a local fair, but you know the noise and flashing lights will be overwhelming, and fast rides make you feel sick. What would you do?



You feel like you have to work harder than others to do well at school. It feels exhausting. What could you do?



One of your friends acts differently when they are around another group of peers. They are much louder, say rude things, and pretend to like things you know they don't really like.

How would you feel? What would you do?



You feel like you have to pretend to be someone else so that people will like you. It's exhausting. What could you do?



 Believe and Become

Sometimes you get upset by things others say, but they tell you you're overreacting.

How would you feel?
What would you do?



 Believe and Become

You're in trouble at home for not keeping your room clean. By the time you finish school you're so tired you just want to chill out.

What would you do?



 Believe and Become

You'd really like to make more friends who share your interests.

What could you do?



 Believe and Become

You're at a new restaurant with friends. You can't find anything on the menu that you feel comfortable eating.

What would you do?



 Believe and Become

All your friends seem to be wearing a new brand of jeans. You feel a bit left out, but you find jeans so uncomfortable!

What would you do?



 Believe and Become

Sometimes you get upset by things others say, but they tell you you're overreacting.

How would you feel?
What would you do?



 Believe and Become

Your parents tell you that sometimes you are too honest and offend people.

How would you feel?
What would you do?



 Believe and Become

You've been wearing headphones in class because it is so noisy but your peers keep asking you why.

How would you feel?
What would you do?



 Believe and Become