

# Appendix 1

## Scenario examples

### Scenario 1: Disagreement about a game

You and your friend are playing a game at break, but there's a misunderstanding about the rules. Your friend insists on playing by their version of the rules, while you think the rules should be followed as you've always played them. It's causing tension, and neither of you is having fun anymore.

- How can you calmly explain your version of the rules without getting angry?
- What would it look like if you listened to your friend's reasons for wanting to play by their rules?
- How could you both agree on a solution to enjoy the game together?

### Scenario 2: A new friendship group

You've recently joined a new group of friends, but you're feeling left out because they all seem to have inside jokes and activities that you don't understand. You're unsure how to join in without causing any awkwardness.

- How could you ask your new friends to explain their jokes or activities without feeling embarrassed?
- What's a kind way to share honestly that you're feeling left out?
- How can you listen to your new friends' feelings and perspectives while also expressing your own?

## Scenario 3: Compliment gone wrong

While talking with your classmates, you try to give a compliment about someone's new shoes, but it accidentally comes out sounding rude or critical. The person you were talking to gets upset, thinking you made fun of them. You didn't mean to hurt anyone's feelings, but now the situation feels awkward.

- How could you show you care about their feelings?
- What can you say to explain your true intentions without making excuses?
- How could you listen to how they feel and try to fix the misunderstanding?

## Scenario 4: Friend wants to borrow something

A friend asks to borrow your favourite pencil case, but you're not comfortable with them taking it because it's special to you. They don't understand why you're saying no and keep asking.

- How can you explain your feelings without sounding upset or selfish?
- What would it sound like to acknowledge your friend's request while explaining your boundaries?
- How could you offer a solution, like letting them borrow something else, to show you care?