

'WHAT WOULD YOU DO?'

COPING ROLE-PLAY



BEST AGE:

Middle Schoolers,
Teens, Adults



TIME:

15-25
Minutes



MATERIALS:

Scenario
Cards



HOW TO PLAY:

1. Get a **Scenario Card** (e.g., Argument, Test Grade).
2. **Act out** a response you can use in real life?

2. Act out a **bad or typical response**.
3. Work together to show a **healthier response**.

DEBRIEF QUESTIONS

- What made it hard to sit with?
- Which response can



Left out of a
group chat



Argument with
a friend



Peer pressure

