

Group leader role-play – Emotion Coaching: Mum and Isabel

- Mum: Isabel. It's time for school.
- Isabel: (grumbling) I don't want to go. I hate school.
- Mum: What, you hate school? Mmm ... that doesn't sound too good. Has something happened at school?
- Isabel: No. I just don't want to go.
- Mum: Oh, I see. Sounds like you are not feeling very good about school right now.
- Isabel: No. It's just Trisha. (looking sad)
- Mum: Oh, dear. (touches her on the shoulder) Sounds like something has been happening with her.
- Isabel: Yeah, she's splitting up our friends, and she thinks I am the cause of it all.
- Mum: Oh. That seems so unfair when you look after your friends so well. I bet it's disappointing when she's like that. I wonder if you're feeling a bit worried about seeing her?
- Isabel: Yeah.
- Mum: Maybe we can talk about it a little more in the car? It sounds like a lot has been happening.
- Isabel: Mmm ... okay. Maybe. But I don't always want to talk about things Mum.
- Mum: Yes, I know. I'll leave it up to you if you want to talk some more.

They go off to school ...

