

# The emotion detective: step into your teen's shoes

Teen's emotional situation	A similar situation for an adult	How would you feel?
Not being invited to a party all your friends are invited to		
Speaking in front of the school (for the first time)		
A parent telling you to share your new mobile phone with your sibling		
Having an earlier curfew than your friends		
Refusing to go to a family reunion because it clashes with a friend's party		
Being called fat by a sibling		
Reluctance to accept a prize for excellence in front of peers		
Your younger sibling wants to wear your clothes		

