

03 What ifs? exemplar

	PART 1 Questions. What if.....	PART 2 Answers
1	I get upset about something someone else is saying or doing, such as other people annoying me with their behaviour?	e.g. Try to ignore them. Use your breathing strategy and count to 10. If this doesn't work, put your hand up and ask for help.
2	I feel unwell. Who do I tell? Where do I go?	
3	I don't get my work completed on time. I am worried about the amount of work and when I will fit it in?	
4	It ALL goes wrong with my schoolwork? Or I get things wrong with my schoolwork.	
5	It ALL goes wrong with my peers or new friends. Or I get things wrong with my peers or new friends.	
6	The usual person I go to is not available. Who else can I go to?	
7	Are there any other things that you can think of? Write them in the boxes below. Someone will help you find the answers.	

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Answers to be completed by the pupil's mentor and returned to the pupil. It is advisable to review and update this information regularly with the student periodically.