



Transcript

Katie - Lesson 2, Audio 1



Play 'Katie - Lesson 2, Audio 1' **or** read this transcript during 'Don't Heat Up' lesson introduction.

Katie

Hi, my name is Katie. I've been Emily's best friend for three years now. As best friends, we normally do everything together. Emily has always been a really bubbly and fun girl, however lately her mood has changed. She has started being mean to everyone and is now picking on others in the class. This isn't the Emily I know...she's even being rude to me. So, the other day she told me that her mum and dad were getting divorced...she was heartbroken. Maybe this is why she is being so mean to everyone lately, no wonder! She has had this massive secret that was upsetting her, and she couldn't tell anyone.

It made me think about what I do when I'm upset so I decided to make her an emotion scale, I thought it would be a good idea to help her through the tough times ahead. And guess what? She really loved it and thought it was so helpful and was so thankful! So today, I would like to challenge all of you to make your very own emotion scales!

These will help you to look at things in your life that make you angry or upset and help you to plan the best ways to deal with these issues in the future. I'll check back with you all soon once you have completed your scale.