



Salvesen Mindroom Centre  
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# BACK TO SCHOOL SOCIAL SCENARIO REFLECTION TOOL



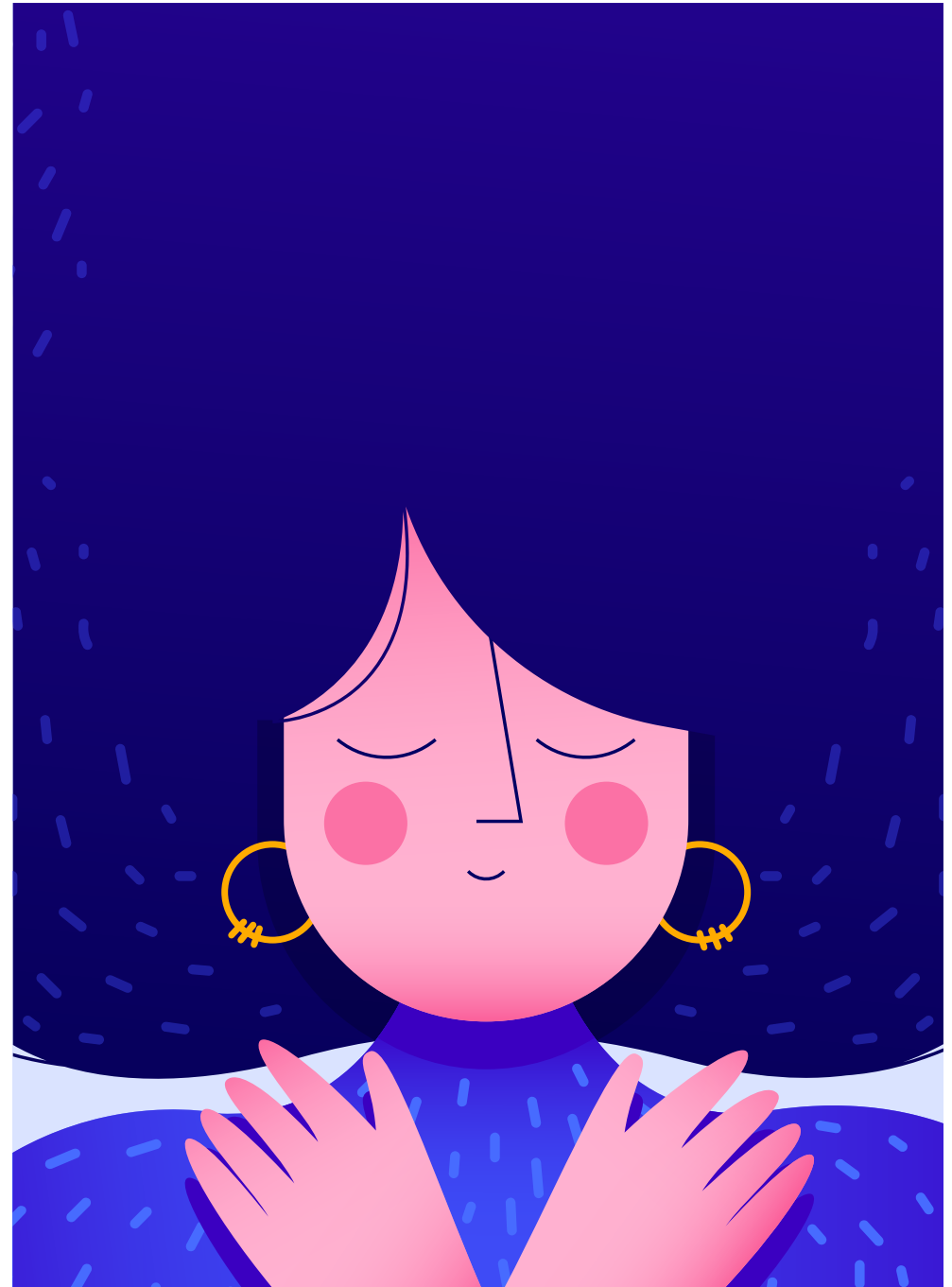
## Social scenario reflection tool

Our lives have changed significantly during the COVID-19 pandemic. Some safety measures are going to continue, for example social distancing and increased focus on hand hygiene. When the schools reopen, children and young people may be required to manage new and potentially challenging social situations. This may lead to issues with rule-following, anxiety and managing social conflicts.

Understandably people may be feeling more anxious than usual, and worried about all the new rules they now need to follow to keep everybody safe and well.

Here is a chance for children and young people to reflect on their experiences as they start to return to some of the activities they were doing before.

This tool is designed to support discussions with children and young people to help reflect on new or difficult situations.



## Social scenario reflection tool

### **Describe the event**

Suggested prompts:

- what happened?
- who was there?
- where were you?
- what were you doing beforehand?

### **Describe how it made you feel.**

- Excited
- Okay
- Worried
- Upset
- Angry
- Or another feeling?

### **Describe how you responded**

Think about your immediate:

- thoughts
- words
- actions

### **Describe how you could respond if this happens again**

- Would you respond the same way?
- Would you do anything differently?
- Who could help?
- What would help?



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