Self Management: Being Aware of Feelings Addendum
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Potential Scenarios for Camp Counselors
- You planned an activity to have outside for large group at camp (no back up plans) and it rains.
- You catch a co-counselor rummaging through your bag.
- You meet your campers, who are all excited to be at camp.
- You sing a song in front of all of camp, when you weren't prepared to do so.
- A parent picks up their child and yells at you for not having their child shower all week.
- A camper is sitting on the sides of the dance crying.
- The camp director tells you they are disappointed in how you led the last group activity.
- The camp director gives you a high five for leading a song to the entire camp.
- You repeat something multiple times and people still don’t understand.
- People are talking while you are trying to convey a message.
- You discover another counselor has lied to you.
- There is an intruder at camp.
- Campers are teasing another camper.
- Your co-counselor duct tapes a camper to the bed.

Potential Scenarios for Volunteers
- You planned for 15 members to come to your club meeting and had 5 show up; others did not notify you of their absence.
- Members of your club are picking on a new member.
- Parents of your club members constantly talk over the youth and do not allow for them to provide any input.
- Members are late turning in their paperwork. Again.
- Your club comes together and makes the best display for the fair you have ever seen.
- Members of your club worked hard on their projects throughout the year and are recognized for their accomplishments by placing well in judging.
- A member decides to drop out of the club midway through the year, because parents are not supporting the 4-H program.

Potential Scenarios for Teen Audiences
- You repeat something multiple times and people still don’t understand.
- People are talking while you are trying to convey a message.
- Members of your club are picking on a new member.
- You planned to have 25 individuals come to your meeting and had 10 show up; others did not notify you of their absence.
- Members in your group have lots of creative ideas and develop the best display for the fair you have ever seen.
- Your 4-H advisor recognizes you for your hard work in front of other members.
- Another member volunteered to be in charge of contacting someone for a fundraiser by this meeting and forgot to do so. Again.