

Self Management: Being Aware of Feelings Addendum

By: Hannah K. Epley

Potential Scenarios for Camp Counselors

- You planned an activity to have outside for a large group at camp (without 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 off to the side 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.
- Your camp director writes you a warm fuzzy and tells you how you have been doing a great job at camp.
- 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.
- The last night of camp, your campers tell you camp has been the best experience they have ever had.

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.
- It is the first meeting of the year and the 4-H members are excited to be at your meeting.
- Parents of your club members constantly talk over the youth and do not allow for them to provide any input.
- After a club meeting, a member tells you that she looks forward to coming to all the meetings and cannot wait until the next one.
- 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.
- A parent of one of your 4-H club member writes you a thank you note and tells you how much of an impact you have made on their child.



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.
- It is the first meeting of the year and the 4-H members are excited to be at the meeting.
- Members of your club are picking on a new member.
- After a club meeting, a member tells you that she looks forward to coming to all the meetings and cannot wait until the next one.
- 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.
- Your county 4-H professional writes you a thank you note and tells you how much of an impact you have made on the county program.