

# What's Behind Sammy's Anger?

Sammy has come home from school and is playing on their phone. Kerry (Sammy's mum) comes in without knocking and asks why Sammy hasn't done the dishes like she asked. Sammy and Kerry both feel angry at each other. Fill in the boxes below to explore what's going on:

What is bothering Sammy about this situation?

Is the argument just about the dishes?  
What else is going on?

What other emotions is Sammy feeling?

How could Sammy resolve the conflict about dishes now?

How could Sammy start a conversation with Kerry about how they are feeling?

# Sammy's Backstory

Below are some things that are going on in Sammy's life that Kerry doesn't know about. Use this information to help fill in the worksheet.

- Sammy didn't sleep well last night and is really tired.
- They didn't sleep well because they have been worrying about school.
- Sammy is feeling really lonely and isolated at school because they fell out with a friend this week.
- Some of Sammy's classmates have been teasing them and winding them up in class.
- One classmate has even started a rumour about Sammy's dad and people were talking about it at lunch.
- Sammy finds it difficult to talk to mum because mum always looks stressed and Sammy doesn't feel like mum listens.
- When Sammy gets home from school, they feel overwhelmed and tired and just want to rest for a little bit.

# After the Conversation

Sammy and Kerry have now had a conversation and told each other what's going on and how they are feeling.

How has Sammy's perception of the conflict changed after speaking to Kerry?

How might Sammy and Kerry avoid this situation in the future?

# What's Behind Kerry's Anger?

Sammy has come home from school and is playing on their phone. Kerry (Sammy's mum) comes in without knocking and asks why Sammy hasn't done the dishes like she asked. Sammy and Kerry both feel angry at each other. Fill in the boxes below to explore what's going on:

What is bothering Kerry about this situation?

Is the argument just about the dishes?  
What else is going on?

What other emotions is Kerry feeling?

How could Kerry resolve the conflict about dishes now?

How could Kerry start a conversation with Sammy about how they are feeling?

# Kerry's Backstory

Below are some things that are going on in Kerry's life that Sammy doesn't know about. Use this information to help fill in the worksheet.

- Kerry is a single mum. Her boyfriend just broke up with her and she is feeling really lonely.
- Kerry is struggling with money so she is working as many hours as she can.
- This means Kerry doesn't have time to relax, tidy the house, or see her friends to talk about how she is feeling.
- Kerry is feeling really low mood at the moment.
- Kerry is sad that her and Sammy don't spend a lot of time together anymore.
- Kerry doesn't want to tell Sammy how sad she is about the breakup, but she is also struggling to stay on top of things.
- Kerry's mum is sick and she is really worried about her. She hasn't had time to visit her in hospital this week.

# After the Conversation

Kerry and Sammy have now had a conversation and told each other what's going on and how they are feeling.

How has Kerry's perception of the conflict changed after speaking to Sammy?

How might Kerry and Sammy avoid this situation in the future?