

## Lesson 4 The Arena Year 5 | Activity

### Main Task

Identify the emotion triggered and then rate how challenging it is to get in the Arena for each scenario. Remember to justify your answer.

Scenario	Emotion	Ranking and justification
1. Putting your hand up in class		
2. Introducing yourself to someone new		
3. Having a difficult conversation with a friend.		
4. Dancing		
5. Jumping off the pier		
6. Joining a new club		
7. Being a talk partner		
8. Leading a group		
9.		