

# Lesson 4 The Arena Year 5 | Activity



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.	_____	_____