

# ■ Grades 7–8

## FOUNDATIONAL · 6 SCENARIO CARDS

Foundational scenarios for peer, classroom, and family contexts. More modeling. Introductory complexity.

### HOW TO USE THESE CARDS

1. Read the scenario aloud.
2. Give students/participants 60 seconds to think silently.
3. Use the discussion prompts to guide PLRR or POCC walk-through.
4. Debrief as a group.

MODULE 1 — MODERN MANNERS

PLRR

# 01

## The Hallway Moment

You're walking past a teacher you don't know very well. They say 'Good morning' and you aren't sure if they're talking to you. Three other students just walked past without responding.

**DISCUSSION PROMPTS**

- What does respectful behavior look like here?
- How does context change what you do?
- What would you do — and why?

MODULE 2 — EMOTIONAL INTELLIGENCE

PLRR

# 02

## The Unfair Grade

You worked hard on an assignment and got a low score. Your best friend got a higher score and you feel it wasn't fair. You feel your face getting hot as you sit in class.

**DISCUSSION PROMPTS**

- P — What is your body telling you to do?
- L — Name the emotion. Is it just one feeling?
- R — What is actually happening vs. what you assumed?

MODULE 3 — CONFLICT NAVIGATION

PLRR + POCC

# 03

## The Lunchroom Seat

Your friend group sat at 'your' table and left no room for you. Someone you don't get along with invites you to sit with them. Your friends are watching.

**DISCUSSION PROMPTS**

- What are your real options here?
- What are the short and long-term consequences?
- How does social pressure affect your decision?

MODULE 4 — DIGITAL CITIZENSHIP

POCC

# 04

## The Group Chat

Someone in your friend group posts something mean about a classmate in a group chat. Everyone is laughing. You're about to type something — your message will be seen by 14 people.

**DISCUSSION PROMPTS**

- Once sent, can it be unsent?
- What are your real options before you hit send?
- How would you feel if this was about you?

MODULE 5 — PERSONAL GROWTH

Both

# 05

## The Broken Promise

You told your teacher you'd turn in a late assignment by Friday. It's Friday and it's not done. You see them in the hallway before class starts.

**DISCUSSION PROMPTS**

- What does accountability look like right now?
- What is the repair move here?
- How does following through build or break trust?

ALL MODULES — SPIRAL

Both

# 06

## The Witness

You see a student being excluded from a group activity. The teacher hasn't noticed. The student looks upset. You have 30 seconds before class starts.

**DISCUSSION PROMPTS**

- What does respectful action look like?
- Walk through PLRR before you act.
- What is the most courageous choice — and why?

# ■ Grades 9–12

## SPIRAL — LEVELING UP · 6 SCENARIO CARDS

Leveling-up scenarios. Workplace, digital, and community dilemmas with competing priorities.

### HOW TO USE THESE CARDS

1. Read the scenario aloud. 2. Give students/participants 60 seconds to think silently.
3. Use the discussion prompts to guide PLRR or POCC walk-through. 4. Debrief as a group.

MODULE 1 — MODERN MANNERS

PLRR

# 01

## The Job Interview Lobby

You're waiting for a part-time job interview. Two other candidates are also waiting. Your phone buzzes with a funny meme from your best friend. You have 5 minutes until you're called in.

**DISCUSSION PROMPTS**

- What does your phone behavior signal to interviewers?
- How does context shift the standard for etiquette?
- What specifically will you do — and what won't you do?

MODULE 2 — EMOTIONAL INTELLIGENCE

PLRR

# 02

## Public Criticism

Your supervisor or teacher criticizes your work in front of peers. Some of the feedback is fair; some feels exaggerated. You feel a surge of anger and humiliation. Your instinct is to argue back.

**DISCUSSION PROMPTS**

- P — Stop. What physical signal told you to react?
- L — Name every emotion you're feeling right now.
- R+R — What is the most effective response for your future here?

MODULE 3 — CONFLICT NAVIGATION

PLRR + POCC

# 03

## Competing Loyalties

Your close friend did something that hurt another person you care about. Both are asking you to 'take a side.' Staying neutral feels impossible. The tension is affecting your focus in class.

**DISCUSSION PROMPTS**

- What are your options beyond 'pick a side'?
- What are the long-term consequences of each choice?
- How do boundaries apply here?

MODULE 4 — DIGITAL CITIZENSHIP

POCC

# 04

## The Screenshot

A friend sends you a screenshot of a private conversation between two people you know. They're asking you to share it with others. The information is embarrassing for one of them.

**DISCUSSION PROMPTS**

- What is digital permanence — and how does it apply here?
- What does your reputation look like if you share it?
- Walk through POCC: what do you actually choose?

MODULE 5 — PERSONAL GROWTH

Both

# 05

## The Overdue Apology

Six months ago you said something hurtful to a classmate during an argument. You never apologized. You're working on a group project together now and the tension is visible.

**DISCUSSION PROMPTS**

- What does accountability look like 6 months later?
- How do you repair something that's been unaddressed?
- What is the cost of not doing it?

ALL MODULES — DISSIMILAR TRANSFER

Both

# 06

## The Workplace Dilemma

You're at your part-time job. A coworker takes credit for your idea in front of your manager. The manager praises them. Your coworker smirks at you. Your manager looks at you for a response.

**DISCUSSION PROMPTS**

- Walk through PLRR before you speak.
- What are your real POCC options in this moment?
- What does a professional response look like vs. an emotional one?

# ■ Community Youth

## COMMUNITY PROGRAM · 6 SCENARIO CARDS

Flexible delivery scenarios for community centers, faith orgs, and after-school programs.

### HOW TO USE THESE CARDS

1. Read the scenario aloud. 2. Give students/participants 60 seconds to think silently.
3. Use the discussion prompts to guide PLRR or POCC walk-through. 4. Debrief as a group.

MODULE 1 — MODERN MANNERS

PLRR

# 01

## The New Space

You're new to a youth program. Everyone already knows each other. The facilitator asks everyone to introduce themselves. You freeze up — you don't know what to say or how formal to be.

**DISCUSSION PROMPTS**

- What does a confident, respectful introduction look like?
- How does body language communicate before you speak?
- What's one thing you can do to make others feel included too?

MODULE 2 — EMOTIONAL INTELLIGENCE

PLRR

# 02

## Under Pressure From Peers

Your friend group is pressuring you to skip the program session to hang out. You actually want to attend. The pressure is making you feel like you have to choose between your friends and yourself.

**DISCUSSION PROMPTS**

- L — Name what you're feeling. Is it more than one emotion?
- R — What do you actually want here vs. what you're being pushed toward?
- R — What deliberate response honors your own values?

MODULE 3 — CONFLICT NAVIGATION

PLRR + POCC

# 03

## The Rumor

Someone in your community program is spreading a rumor about you. You find out from a mutual friend. The next program session is in two days and you'll be in the same room.

**DISCUSSION PROMPTS**

- What are your options before you get there?
- How do you address it without escalating?
- What does repair look like if you react badly?

MODULE 4 — DIGITAL CITIZENSHIP

POCC

# 04

## The Post

You're angry about something that happened in your neighborhood. You're about to post about it publicly on social media. Your caption calls out a specific person by name.

**DISCUSSION PROMPTS**

- Who will see this? Think beyond your followers.
- What are the real-world consequences of a public callout?
- What's a better option for addressing what happened?

MODULE 5 — PERSONAL GROWTH

Both

# 05

## The Mentor Meeting

Your mentor in the community program asks how your goals are going. You haven't made any progress on the goal you set last month. You feel embarrassed and want to make excuses.

**DISCUSSION PROMPTS**

- What does honest accountability look like here?
- What's the difference between an excuse and an explanation?
- What's one action you commit to before the next session?

ALL MODULES — REAL-WORLD TRANSFER

Both

# 06

## The Community Conflict

Two members of your program have an ongoing conflict that's affecting the whole group. You're not directly involved, but the tension is making the space feel unsafe. The facilitator hasn't addressed it yet.

**DISCUSSION PROMPTS**

- What is your role — if any — in this situation?
- How could you use PLRR to approach either person?
- What does a healthy community look like — and what does it require?

# ■ Community Adult

## ADULT PROGRAM · 6 SCENARIO CARDS

Workplace, family, and personal development contexts. Adult-relevant dilemmas.

### HOW TO USE THESE CARDS

1. Read the scenario aloud.
2. Give students/participants 60 seconds to think silently.
3. Use the discussion prompts to guide PLRR or POCC walk-through.
4. Debrief as a group.

MODULE 1 — MODERN MANNERS

PLRR

# 01

## The Difficult Colleague

A coworker consistently interrupts you in team meetings. Others have noticed. You've let it go for months. Today it happens again — in front of your supervisor.

**DISCUSSION PROMPTS**

- What does respectful professional communication look like here?
- What is the difference between assertive and aggressive?
- What do you say — and when do you say it?

MODULE 2 — EMOTIONAL INTELLIGENCE

PLRR

# 02

## The Overreaction

You come home from a frustrating day at work and snap at your partner over something small. They go quiet. You realize immediately that you overreacted — but you're still feeling activated.

**DISCUSSION PROMPTS**

- P — You're still activated. What does Pause require of you right now?
- L — What were you actually feeling before the snap?
- R+R — What does repair look like in this moment?

MODULE 3 — CONFLICT NAVIGATION

PLRR + POCC

# 03

## The Family Tension

A family member makes a comment at a gathering that offends you. Others heard it. You're deciding whether to address it now, later in private, or not at all. Everyone is watching your reaction.

**DISCUSSION PROMPTS**

- What are your real options — beyond react or ignore?
- What are the long-term relationship consequences of each?
- What does a boundary look like here vs. a confrontation?

MODULE 4 — DIGITAL CITIZENSHIP

POCC

# 04

## The Work Group Chat

A coworker sends a politically charged message to a shared workplace group chat. Several people reply in agreement. You disagree — and you're about to type a response before you've thought it through.

**DISCUSSION PROMPTS**

- What is the audience — and what is the permanence?
- What are your real options here?
- How does your digital behavior reflect your professional reputation?

MODULE 5 — PERSONAL GROWTH

Both

# 05

## The Hard Feedback

Your supervisor gives you written feedback that includes criticism of how you handle conflict on your team. Some of it stings because you know it's true. Your instinct is to defend yourself.

**DISCUSSION PROMPTS**

- Walk through PLRR before you respond.
- What is the difference between feedback and attack?
- What does accountability and follow-through look like here?

ALL MODULES — REAL-WORLD TRANSFER

Both

# 06

## The Leadership Moment

You're in a position of informal authority in your community. A conflict breaks out between two people you both respect and are responsible for. Both are looking at you. You have about 30 seconds.

**DISCUSSION PROMPTS**

- What does P — Pause look like when others need you to lead?
- Walk through POCC out loud as a group.
- How does your ability to regulate affect those around you?