

1 A and B are talking about 'fight or flight' situations. Follow the prompts to write the dialogue.

- A: Ask B to tell you what a 'fight or flight' situation is.
B: Give details.
A: Ask B if he/she has ever been in a situation where he/she has had to use his/her survival instincts.
B: Give details.
A: Ask B what kind of instincts babies have to save themselves.
B: Give details.
A: Ask B what happens to our bodies in dangerous situations.
B: Give details. Ask A to describe a time when he/she has overreacted in a stressful situation.
A: Give details.
B: Ask A how we can learn to handle stress overload.
A: Give details.

2 A and B are talking about stressful situations. Follow the prompts to write the dialogue.

- A: Ask B if he/she has ever felt that a teacher was always picking on him/her.
B: Give details. Ask A the same question.
A: Give details. Ask B if he/she ever feels under stress at school.
B: Give details. Ask A the same question.
A: Give details. Ask B what he/she tends to do cope with school stress.
B: Give details. Ask B the same question.
A: Give details. Ask B what situations outside school he/she finds stressful.
B: Give details. Ask A the same question.
A: Give details.
End the dialogue in a suitable way.

3 A and B are talking about coping with stress. Follow the prompts to write the dialogue.

- A: Ask B to describe some of the possible symptoms of stress.
B: Give details.
A: Add any others you can think of.
B: Ask A how he/she tend to revise for exams.
A: Give details.
B: Add any other methods you have.
A: Ask B why it is important to do some exercise when working hard in preparation for an exam.
B: Give details. Ask A if he/she thinks it's important to find time for some fun when working for an important exam.
A: Give details. Talk about the importance of diet when working hard.
B: Talk about the importance of self-esteem when working hard.
End the dialogue in a suitable way.

4 A and B are giving each other advice. Follow the prompts to write the dialogue.

- A: Tell B you are suffering from insomnia. Describe your nights.
B: Give A some advice. Tell A you are having panic attacks.
A: Give B some advice. Tell B you are getting a lot of headaches.
B: Give A some advice. Tell A you are feeling really depressed.
A: Give B some advice. Tell B you feel like hitting someone.
B: Give A some advice. Tell A you are getting fat because you're eating too many snacks.
A: Give B some advice. Tell B you haven't been out with your friends for a month.
B: Give A some advice. Tell A you've stopped looking after your appearance.
A: Give B some advice.