

Who Needs a Pep Talk?

Situation Cards

Use these Pep Talk Situation Cards to help your students practice giving pep talks to peers.

- Read these situations to your students and discuss ideas together.
- Assign small groups of students a situation card and ask them to create a skit where they act out the problem and give the main character a pep talk.
- Give a situation to a student or small group and ask them to quietly reflect on and write a few pep talk ideas in their journal.



Extensions:

- Have students tell about situations where they need or have needed a pep talk and have classmates give a pep talk to that peer.
- Ask students to give a situation and then come up with their own pep talk for themselves. This is a great transition into positive self-talk.

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Science Test

Suzie has studied hard for the science test, but when she sits down at the beginning of class, she feels like she has forgotten everything!

Create a skit where you act out the problem and then give the main character a **Pep Talk**!

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Pep Talk

/ˈpep ˌtɒk/
noun

A talk intended to make someone feel more courageous or enthusiastic.

card # 1



Basketball Practice

Marcus has always been pretty good at basketball, but today at practice he just couldn't make any of his shots.

Create a skit where you act out the problem and then give the main character a **Pep Talk**!

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card # 2



Piano Lesson

Natalia was not ready for her piano lesson at ALL. She didn't practice all week, but it was time to get in the car and go to her lesson.

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card #3



Group Presentation

You are about to make your group presentation to the class and notice that one of your group members, Keith is looking nervous.

Create a skit where you act out the problem and then give Keith a **Pep Talk!**

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/ˈpep ˌtɒk/
noun

A talk intended to make someone feel more courageous or enthusiastic.

card #4



Class Play

The class play is tonight and Sarah has a small role. She has been doing great at rehearsals, but all of a sudden, she tells you she doesn't want to be in the play anymore.

Create a skit where you act out the problem and then give the main character a **Pep Talk!**

Pep Talk

/ˈpep ˌtɔk/
noun

A talk intended to make someone feel more courageous or enthusiastic.

card #5

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First 5K

Nick is running in his first 5K race. He runs on the Cross Country team at school, but always comes in last. He's a little nervous.

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Pep Talk

/ˈpep ˌtɔk/
noun

A talk intended to make someone feel more courageous or enthusiastic.

card #6

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Family Outing

Aisha doesn't want to go to a family outing where she is the youngest cousin. She is afraid no one will talk to her.

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card #7



The Painting

Nomar worked hard on his painting, but when his mother asks him to show it to his grandparents, he doesn't want to.

Create a skit where you act out the problem and then give the main character a **Pep Talk**!

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card #8

