

My dance group is performing on stage in front of the whole school. It's my first time on stage and I am feeling really scared. What if I make a mistake? I will feel stupid.

It's the first day of school. I don't know any kids in my new class. I am feeling worried that I won't have any friends.

It's the school cross country competition today. I don't want to do it because I think I might come last and I will feel really stupid.

Sam has bought a birthday cake to share with the class. I have food allergies so it won't be safe for me. I am feeling sad because I'm the only one who can't eat it.

My friend Alex has invited me over to play. Because I have food allergies I am feeling nervous about going. I am scared I might have an allergic reaction.

My best friend Charlie is being mean to me. I am feeling sad.

I lost my library book and I am too scared to tell the teacher. I don't want to get told off.

I have a spelling test today. I am feeling worried because I might get some of the words wrong.