



ROLE-PLAYING SCENARIOS: ACTIVITY WORKSHEETS

ACTIVITY

PURPOSE

These worksheets provide parents with practical scenarios to practice calm and empathetic responses. Completing these exercises will help strengthen communication and conflict-resolution skills.

INSTRUCTIONS

Read the scenario carefully. Think about how you would respond calmly and empathetically. Write your response in the space provided. Reflect on what worked well and what could be improved.

1



SCENARIO 1: HOMEWORK FRUSTRATION

Your teenager is upset because they are struggling with their math homework. They say, "I hate this! I'm so stupid. I'll never get it right."

Your Response: Reflection:
What worked well in your response?
What could you improve?

SCENARIO 2: BREAKING CURFEW

Your teenager comes home 30 minutes past their curfew and says, "It's not a big deal; everyone stays out late."

Your Response: Reflection:
What worked well in your response?
What could you improve?

2



3



SCENARIO 3: DISRESPECTFUL TONE

Your teenager snaps at you during a discussion, saying, "You just don't get it, so stop talking!"

Your Response: Reflection:
What worked well in your response?
What could you improve?

SCENARIO 4: PEER PRESSURE

Your teenager confides, "My friends keep pressuring me to try something I'm not comfortable with. I don't know how to say no without losing them."

Your Response: Reflection:
What worked well in your response?
What could you improve?

4



5



SCENARIO 5: SOCIAL MEDIA OVERLOAD

Your teenager says, "I can't stop checking my social media, even when I know it's making me feel bad."

Your Response: Reflection:
What worked well in your response?
What could you improve?

ADDITIONAL NOTES

USE THESE SCENARIOS AS STARTING POINTS AND MODIFY THEM TO REFLECT REAL-LIFE SITUATIONS IN YOUR HOUSEHOLD. PRACTICING CONSISTENTLY WILL HELP DEVELOP EFFECTIVE COMMUNICATION HABITS.

Tips for Success:

Approach each scenario with patience and an open mind.

Focus on validating your teenager's feelings while maintaining boundaries.

Discuss your reflections with your teenager if appropriate to foster mutual understanding.