



Description. Sacha and his family recently moved to a new city, which has created a lot of anxiety for him. Sacha often worries about what the other students at his new school think about him. He hates being in situations where he might be laughed at and does everything possible not to attract attention.

SCENARIO 1

Part 1. In school today, Sacha’s teacher asks all the students to tell the class what they did on their summer vacation. Sacha’s heart starts racing and his palms get sweaty: “Oh no, please, anything but that! I don’t know what to say... the others will laugh at me.” Sacha tells the teacher he’s feeling sick. He goes to the office and calls his mom to pick him up.

Part 2. This morning, Karim invited all his classmates to a party at his house that same night. Sacha immediately decides he’s not going, because he’s worried about who he’ll hang around with and that he won’t know what to say or do. He’s made up his mind: He’s staying home.

Part 3. At lunch today, Sacha goes to the cafeteria but doesn’t see his new friend, Nolan. Sacha doesn’t know where to sit and doesn’t want to ask someone else because he’s worried about being rejected. He hides out in the library for the entire lunch break.

SCENARIO 2

Part 1. In school today, Sacha’s teacher asks all the students to tell the class what they did on their summer vacation. Sacha’s heart starts racing and his palms get sweaty: “Oh no, please, anything but that! I don’t know what to say... the others will laugh at me.” Sacha tries to take a few deep breaths and calm down. He tells himself that the worst that can happen is he might trip over his words. When it’s his turn, Sacha gathers his courage and tells his classmates about how his family moved this summer. The other students ask questions and take an interest in his story. Sacha feels much better.

Part 2. This morning, Karim invited all his classmates to a party at his house that same night. Sacha doesn’t want to go because he’s worried about who he’ll hang around with and that he won’t know what to say or do. To face his fears, Sacha decides to ask his new friend Nolan to go with him. His initial nervousness quickly gives way to laughter when Karim’s mother drops the cake on the floor.

Part 3. At lunch today, Sacha goes to the cafeteria but doesn’t see his friend, Nolan. Sacha doesn’t know where to sit and doesn’t want to ask someone else because he’s worried about being rejected. But Sacha gathers up his courage and sits down at one of the tables. Alix quickly sits beside him, and they spend their lunch break getting to know each other better.