

Handout 2 – Signal → Need → Choice Scenario Cards

Choose at least three fictional scenarios.

Do not diagnose the person.

List at least two possible needs and more than one safe option.

Scenario	Observable signal	Possible need 1	Possible need 2	Safe choices / questions
A – After a long morning, Alex is tapping a foot, rereading the same sentence and getting frustrated.				
B – Mina receives three messages during class and keeps checking whether the phone has vibrated again.				
C – Jon has been talking all lunchtime and then says, “I just want five minutes where nobody asks me anything.”				
D – Sara has a group task but is not starting. She asks, “What exactly am I supposed to do first?”				
E – Leo is quieter than usual after a disagreement with friends and avoids joining the next activity.				
F – Nora has practised for a performance but feels shaky and says, “I can’t tell whether I need to calm down or just get started.”				
G – Omar says yes to helping three classmates and then realises there is no time left for his own work.				
H – Eva comes into class after a noisy break and says the room feels “too much”.				

Two clarifying questions:

- What changed just before I noticed this?
- What would make the next 10–20 minutes more manageable?