What Would You Say or Do?

Situation

You've been having trouble sleeping at night because you're worried about a lot of things. What would you do?	
You get angry at tiny things that used to not bother you. What would you do?	
Your friend used to work hard and be interested in school, but they're not so interested anymore. What would you say?	
Your friend's pet died last week and they seem very sad. What would you say?	
A kid in your class has been grumpy for (what seems like) no reason for a couple of weeks. What would you say or do?	
Your friend tells you that they have an overwhelming feeling of sadness and frustration and they ask you for help. What would you say or do?	

