

### Case Study: Harper

*Harper's younger brother, Camden, has been driving her crazy. He is 11 years old and in fifth grade, and although Harper knows it is super normal for 5th grade boys to be annoying, there was one day last week when she just could not handle it. She had just gotten home from school, was scrolling through social media on her phone, when Camden came running through the kitchen with his friend being so loud and laughing at the stupidest jokes. She had just finished a tough math test at school that day, and she didn't think she had done well. On top of that, all of her friends kept saying "it was so easy!" Her teacher had pulled her aside after class to encourage her to get some extra tutoring support. No one else she knew had to go to a tutor or do extra work, she was the only stupid one. As she scrolled through Instagram, she could see that someone in her class was hanging out with a friend, while she was at home with her brother who was running around yelling. She noticed that her Mom had left her a note on the table to do her chores. She was pretty sure she was the only one she knew who had to do chores. They all got to go to the mall and pick out anything they wanted; she had to earn her money by doing the dishes. It was so embarrassing. When Camden came running around the kitchen again, she screamed at him. Her mom entered the room and asked what was going on? Camden was laughing with his friend and mimicking Harper. Harper yelled "Shut up!" and ran to her room, upset. Then, she started crying. She was so annoyed! Why was she even crying about something so stupid?!*

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**Take some time to discuss the following questions as a class:**

1. What are some of the internal and external stressors that Harper is feeling?
2. How could Harper have better handled the situation?