

## ACTIVITY 1

## WORKSHEET 1

## What Happens When

NAME:

DATE:

Look at the scenario below and imagine what emotions you might feel. Next, think about what thoughts you might have. And finally think about how you might behave. Fill in the blanks and discuss with a partner or your class.



Scenario	Emotions	Thoughts	Behaviour
1. A friend invites me to a movie		I like hanging out with my friend	
2. A friend invites two other friends to see a movie but not me.			I say something unkind to my friend and ignore them the next day at school.
3. I'm playing fetch with my dog.	Happiness, love		
4. My dog bites me		I can't believe my dog bit me, I didn't do anything wrong	
5. I'm going on holiday tomorrow	Excitement, happiness		
6. Our holiday got cancelled because my sibling got Covid.			I yell at my parents and my sibling.

1. Example emotions: Happiness, excitement. Example behaviour: I smile and say yes. 2. Example emotions: Disappointment, sadness, anger, jealousy. Example thoughts: Why didn't they invite me out? That's so mean to leave me out. 3. Example thoughts: I really like playing with my dog. Example behaviour: I give my dog a hug and keep playing with them. 4. Example emotions: surprise, shock, fear. Example behaviour: I run away from my dog. 5. Example thoughts: I can't wait to go on holiday! Example behaviour: I get up early and pack my bags so I'm ready to go. 6. Example emotions: Disappointment, anger, frustration. Example thoughts: I can't believe I'm not going on holidays, this is so unfair - I hate Covid!