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Where Do Feelings Come From?: Homework 1

The homework assignments in activities 1-8 will give you additional practice in learning about: situation, thought, feeling, behavior and consequence which we call the "train of thought". Stop 1: We learned that our thoughts influence our feelings. Below you will find a bunch of feeling words that you will now be familiar with. So take some time this week to use these feeling words. On each of the following pages, you will look at the illustrations and choose 3 feelings that you had this week. Then, in the first column, write down your feeling word. In the second column, you will write a sentence using your feeling word.

Name of Feeling

Write a sentence using a feeling word

Example: happy

I feel happy because I know my parents are proud of me.



happy



frustrated



worried



sad



greedy



confident



excited



confused



angry

Where Do Feelings Come From?: Homework 1

Name of Feeling

Write a sentence using a feeling word



guilty



surprised



helpless



impatient



shameful



jealous



amused



annoyed



arrogant

Where Do Feelings Come From?: Homework 1

Name of Feeling

Write a sentence using a feeling word



hurt



disappointed



discouraged



humiliated



lonely



embarrassed



shocked

What's On Your Mind?: Homework 2

This week you got on board the "train of thought" (Stop 2) where we looked more closely at things that happen to us in our daily lives (at home, in school, etc.). We call what happens to us a "situation" which is followed by a thought. Think about the following situations in which you may find yourself this week.

Write down your thought after each situation.

Situation:

Example: My mom told me to finish my homework.

Thought:

Example: She wants me to do well in school.



Situation:

There's no more pizza left in the cafeteria.

Thought:



Situation:

Today is field day.

Thought:



Situation:

The teacher called my name during class.

Thought:



What's On Your Mind?: Homework 2

Situation:

My backpack is missing.

Thought:



Situation:

I'm walking to school.

Thought:



Situation:

The chorus teacher picked me to do the solo.

Thought:



What's On Your Mind?: Homework 2

Situation:

My dad cheered the loudest at my baseball game.

Thought:



Situation:

Our cat had kittens.

Thought:



Situation:

A new student started in our class today.

Thought:



How Do Your Thoughts Make You Feel?: Homework 3

Stop 3: We've learned that a situation is followed by a thought and that thought is followed by a feeling. Come up with some thoughts that you had this week. Once you've decided how that thought made you feel, flip through the pages to pick the feeling that would match the thought you had. Write the thought next to that feeling word. If you don't see the feeling you want to write about, turn to the last page and write in one or two of your own.

I am thinking . . .



Example: I'm going to fail the test.

I am Feeling . . .



worried



frustrated



happy

How Do Your Thoughts Make You Feel?: Homework 3

I am thinking . . .



I am Feeling . . .



sad



greedy



confident

How Do Your Thoughts Make You Feel?: Homework 3

I am thinking...



I am Feeling...



excited



confused



angry

How Do Your Thoughts Make You Feel?: Homework 3

I am thinking ...



I am Feeling ...



guilty



surprised



helpless

How Do Your Thoughts Make You Feel?: Homework 3

I am thinking . . .



I am Feeling . . .



impatient



shameful



jealous

How Do Your Thoughts Make You Feel?: Homework 3

I am thinking...



I am Feeling...



amused



annoyed



arrogant

How Do Your Thoughts Make You Feel?: Homework 3

I am thinking...



I am Feeling...



hurt



disappointed



discouraged

How Do Your Thoughts Make You Feel?: Homework 3

I am thinking...



I am Feeling...



humiliated



lonely



embarrassed

How Do Your Thoughts Make You Feel?: Homework 3

Note: there are two more spots left with the feeling space blank . . . are there any other feelings that we forgot to mention?

I am thinking . . .



I am Feeling . . .



shocked

What Do You Do With Your Feelings? Homework 4

Stop 4: Now that you know that your feelings lead to your behavior, you are to choose 10 feelings and write down what you would do (behavior) if you felt that way. Flip through the pages. If you don't see the feeling you want to write about, turn to the last page and write in one of your own.

I am Feeling . . .



worried



frustrated



happy

What I would do (behavior) . . .

Example: bite my fingernails and tremble

What Do You Do With Your Feelings? Homework 4

I am Feeling . . .



sad

What I would do (behavior) . . .



greedy



confident

What Do You Do With Your Feelings? Homework 4

I am Feeling . . .



excited

What I would do (behavior)



confused



angry

What Do You Do With Your Feelings? Homework 4

I am Feeling . . .



guilty

What I would do (behavior)



surprised



helpless

What Do You Do With Your Feelings? Homework 4

I am Feeling . . .



impatient

What I would do (behavior)



shameful



jealous

What Do You Do With Your Feelings? Homework 4

I am Feeling . . .



amused

What I would do (behavior)



annoyed



arrogant

What Do You Do With Your Feelings? Homework 4

I am Feeling . . .



humiliated

What I would do (behavior)



lonely



embarrassed

What Do You Do With Your Feelings? Homework 4

Notice there is one more spot left . . . is there another feeling you experienced that we forgot to mention?

I am Feeling . . .



shocked



hurt

What I would do (behavior)

From Thoughts to Feelings to Behaviors: Homework 5

Stop 5: At this point, you are ready to come up with at least 5 thoughts (more if you want to) that you've had this week. Then, turn to the page that has the feeling you had with each thought. Write each thought on the thought line followed by the feeling on the feeling line. Finally, finish this assignment by writing down what you might do (behavior) given your thoughts and feelings. If you don't see the feeling you want to write about, turn to the last page and write in one of your own.



thought

Example: I don't understand the math homework.



feeling

confused

confused

I shrug my shoulders and scratch my head.

behavior

From Thoughts to Feelings to Behaviors: Homework 5



thought



frustrated

feeling

behavior

From Thoughts to Feelings to Behaviors: Homework 5



thought



feeling

worried

behavior

From Thoughts to Feelings to Behaviors: Homework 5



thought



feeling

sad

behavior

From Thoughts to Feelings to Behaviors: Homework 5



thought



feeling

greedy

behavior

From Thoughts to Feelings to Behaviors: Homework 5



thought



feeling

confident

behavior

From Thoughts to Feelings to Behaviors: Homework 5



thought



feeling

excited

behavior

From Thoughts to Feelings to Behaviors: Homework 5



thought



feeling

happy

behavior

From Thoughts to Feelings to Behaviors: Homework 5



thought



feeling

angry

behavior

From Thoughts to Feelings to Behaviors: Homework 5



thought



feeling

guilty

behavior

From Thoughts to Feelings to Behaviors: Homework 5



thought



feeling

surprised

behavior

From Thoughts to Feelings to Behaviors: Homework 5



thought



feeling

helpless

behavior

From Thoughts to Feelings to Behaviors: Homework 5



thought



feeling

impatient

behavior

From Thoughts to Feelings to Behaviors: Homework 5



thought



feeling

shameful

behavior

From Thoughts to Feelings to Behaviors: Homework 5



thought



feeling

jealous

behavior

From Thoughts to Feelings to Behaviors: Homework 5



thought



feeling

amused

behavior

From Thoughts to Feelings to Behaviors: Homework 5



thought



feeling

annoyed

behavior

From Thoughts to Feelings to Behaviors: Homework 5



thought



feeling

arrogant

behavior

From Thoughts to Feelings to Behaviors: Homework 5



thought



feeling

hurt

behavior

From Thoughts to Feelings to Behaviors: Homework 5



thought



discouraged

feeling

behavior

From Thoughts to Feelings to Behaviors: Homework 5



thought



feeling

disappointed

behavior

From Thoughts to Feelings to Behaviors: Homework 5



thought



feeling

humiliated

behavior

From Thoughts to Feelings to Behaviors: Homework 5



thought



feeling

lonely

behavior

From Thoughts to Feelings to Behaviors: Homework 5



thought



embarrassed

feeling

behavior

From Thoughts to Feelings to Behaviors: Homework 5



thought



feeling

shocked

behavior

From Thoughts to Feelings to Behaviors: Homework 5

Note: there is one more spot left with the feeling space blank . . . is there one we forgot to mention?



thought

feeling

behavior

Behaviors Lead to Consequences: Homework 6

Stop 6: This week you learned that your behavior leads to a consequence (what happened). Now you are ready to list at least 5 behaviors you had this week and write down what happened (consequence).

Behavior: Example: I raised my hand to answer the math question.

Consequence: Example: I got the answer right.

Behavior:

Consequence:

Behavior:

Consequence:

Behaviors Lead to Consequences: Homework 6

Behavior:

Consequence:

Behavior:

Consequence:

Behavior:

Consequence:

Behaviors Lead to Consequences: Homework 6

Behavior:

Consequence:

Behavior:

Consequence:

Behavior:

Consequence:

Train of Thought: Homework 7

Let's put together all that you've learned about the "train of thought". Write down at least 5 situations in which you found yourself (i.e. I was late for school, I forgot my gym locker combination, etc.). Then you will write down the thought, feeling, behavior and consequence of that situation. This first page will give you an example. Write your situation on the lines across from the feeling that you had.

1. Situation



2. thought



3. feeling

4. Behavior

5. Consequence

1. Example: I didn't win first prize.

2. I never win anything!

3. angry

4. I kick the table.

5. I break the leg of the table.

Train of Thought: Homework 7

1. Situation



2. thought



confused

3. feeling

4. Behavior

5. Consequence

1. _____

2. _____

3. _____

4. _____

5. _____

Train of Thought: Homework 7

1. Situation

1.



2. thought

2.



worried

3. feeling

3.

4. Behavior

4.

5. Consequence

5.

Train of Thought: Homework 7

1. Situation



2. thought



3. feeling

4. Behavior

5. Consequence

1.

2.

3.

4.

5.

Train of Thought: Homework 7

1. Situation



2. thought



greedy

3. feeling

4. Behavior

5. Consequence

1.

2.

3.

4.

5.

Train of Thought: Homework 7

1. Situation

1.



2. thought

2.



confident

3. feeling

3.

4. Behavior

4.

5. Consequence

5.

Train of Thought: Homework 7

1. Situation

1.



2. thought

2.



excited

3. feeling

3.

4. Behavior

4.

5. Consequence

5.

Train of Thought: Homework 7

1. Situation

1.



2. thought

2.



happy

3. feeling

3.

4.

4. Behavior

5.

5. Consequence

Train of Thought: Homework 7

1. Situation

1.



2. thought

2.



frustrated

3. feeling

3.

4. Behavior

4.

5. Consequence

5.

Train of Thought: Homework 7

1. Situation

1.



2. thought

2.



guilty

3. feeling

3.

4. Behavior

4.

5. Consequence

5.

Train of Thought: Homework 7

1. Situation

1.



2. thought

2.



surprised

3. feeling

3.

4. Behavior

4.

5. Consequence

5.

Train of Thought: Homework 7

1. Situation

1.



2. thought

2.



3. feeling

helpless

3.

4. Behavior

4.

5. Consequence

5.

Train of Thought: Homework 7

1. Situation

1.



2. thought

2.



impatient

3. feeling

3.

4.

4. Behavior

5. Consequence

5.

Train of Thought: Homework 7

1. Situation

1.



2. thought

2.



shameful

3. feeling

3.

4.

4. Behavior

5. Consequence

5.

Train of Thought: Homework 7

1. Situation



2. thought



jealous

3. feeling

4. Behavior

5. Consequence

1.

2.

3.

4.

5.

Train of Thought: Homework 7

1. Situation

1.



2. thought

2.



amused

3. feeling

3.

4. Behavior

4.

5. Consequence

5.

Train of Thought: Homework 7

1. Situation

1.



2. thought

2.



annoyed

3. feeling

3.

4. Behavior

4.

5. Consequence

5.

Train of Thought: Homework 7

1. Situation

1.



2. thought

2.



arrogant

3. feeling

3.

4. Behavior

4.

5. Consequence

5.

Train of Thought: Homework 7

1. Situation

1.



2. thought

2.



hurt

3. feeling

3.

4. Behavior

4.

5. Consequence

5.

Train of Thought: Homework 7

1. Situation



2. thought



3. feeling

4. Behavior

5. Consequence

1.

2.

3.

4.

5.

Train of Thought: Homework 7

1. Situation



2. thought



disappointed

3. feeling

4. Behavior

5. Consequence

1.

2.

3.

4.

5.

Train of Thought: Homework 7

1. Situation

1.



2. thought

2.



humiliated

3. feeling

3.

4. Behavior

4.

5. Consequence

5.

Train of Thought: Homework 7

1. Situation

1.



2. thought

2.



lonely

3. feeling

3.

4. Behavior

4.

5. Consequence

5.

Train of Thought: Homework 7

1. Situation

1.



2. thought

2.



embarrassed

3. feeling

3.

4.

4. Behavior

5.

5. Consequence

Train of Thought: Homework 7

1. Situation

1.



2. thought

2.



shocked

3. feeling

3.

4. Behavior

4.

5. Consequence

5.

Train of Thought: Homework 7

Now it's your turn to write down a situation, thought, feeling, behavior and consequence, using a feeling we may have missed.

1. Situation

1.



2. thought

2.

3. feeling

3.

4. behavior

4.

5. consequence

5.

Train of Thoughts: Homework 8

Since you've completed the "train of thought", we are now going to move on to the "train of thoughts". Here, we learned that just one situation can result in a number of thoughts, feelings, behaviors and consequences. For our purposes here, you will see one situation. You will have to come up with: 3 thoughts, 3 feelings, 3 behaviors and 3 consequences (for that one situation). Note: all of the number 1's complete the first "train of thoughts", the number 2's complete the second "train of thoughts" and the number 3's complete the 3rd "train of thoughts". Think of them on your own or ask others what their "train of thoughts" might be.

situation:



thought

feeling:

behavior:

consequence:

Example: Our dog gets out of the backyard.

1. He's gone forever.
 2. I'm sure he's close by.
 3. It's my brother's fault.
-
1. worried
 2. confident
 3. frustrated
-
1. I run around the neighborhood in a panic.
 2. I look for him in one of his favorite spots.
 3. I complain about my brother to my parents.
-
1. My sister takes her time and finds him first.
 2. I find him at the park.
 3. They tell me to calm down and apologize.

Train of Thoughts: Homework 8

situation:

The jar of peanut butter is stuck.



thought

1.

2.

3.

1.

2.

3.

behavior:

1.

2.

3.

consequence:

1.

2.

3.

Train of Thoughts: Homework 8

situation:

The wheel on my skateboard is wobbling.



thought

1.

2.

3.

1.

2.

3.

behavior:

1.

2.

3.

consequence:

1.

2.

3.

Train of Thoughts: Homework 8

situation:

The student next to me is bragging about his grade on the

science test.



thought

1. _____

2. _____

3. _____

1. _____

2. _____

3. _____

behavior:

1. _____

2. _____

3. _____

consequence:

1. _____

2. _____

3. _____

Train of Thoughts: Homework 8

situation:

I twisted my ankle in soccer practice.



thought

1.

2.

3.

1.

2.

3.

behavior:

1.

2.

3.

consequence:

1.

2.

3.

Train of Thoughts: Homework 8

situation:

The teacher called on me, even though I didn't raise my hand.



thought

1.

2.

3.

1.

2.

3.

behavior:

1.

2.

3.

consequence:

1.

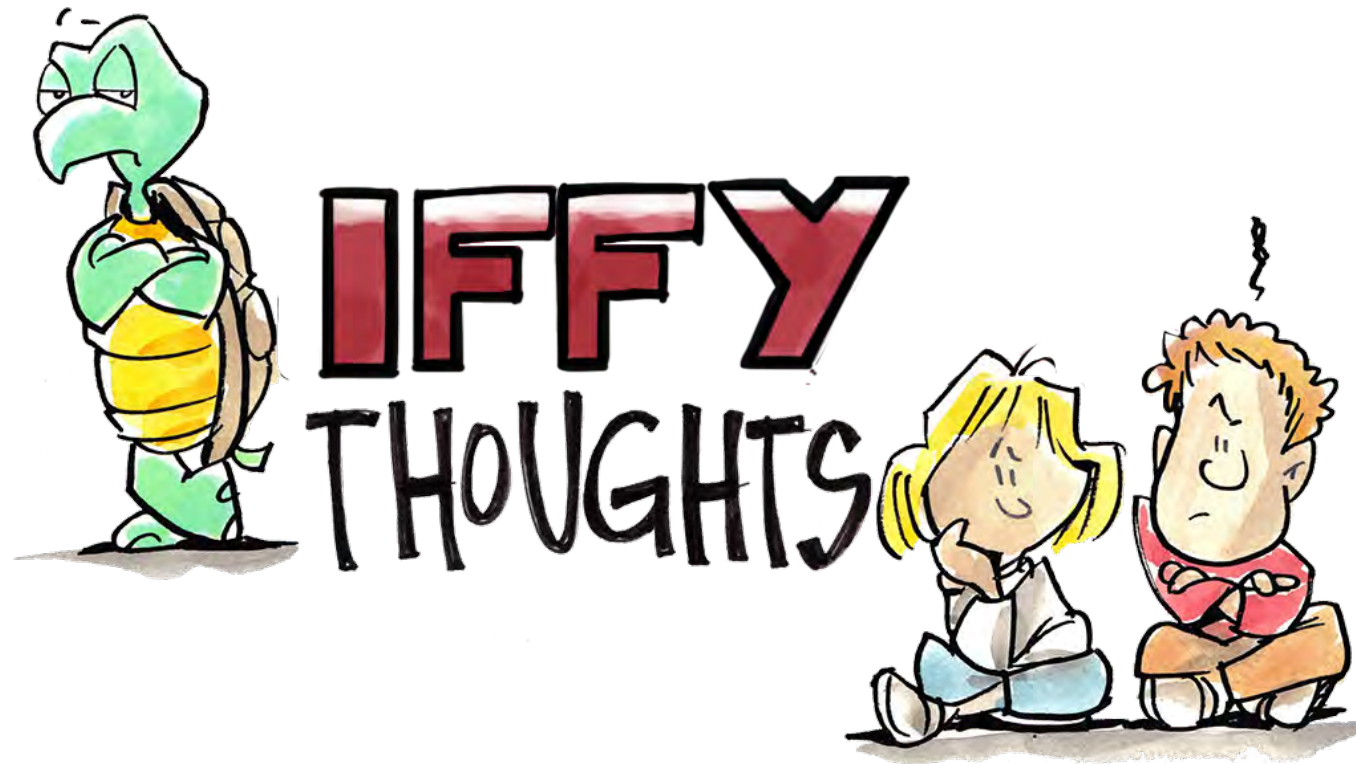
2.

3.

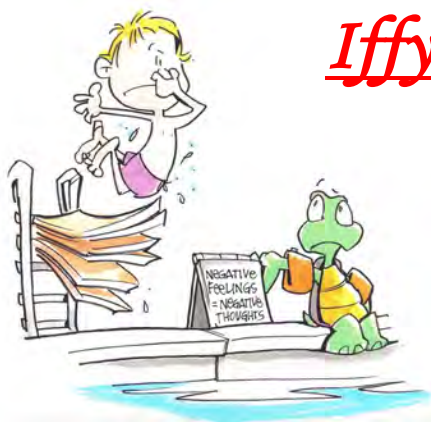
Iffy Thoughts: Homework 9

For the last 8 activities, you learned about the "train of thought(s)". It's time to take a closer look at our thoughts. The first set of thoughts we learned about were iffy thoughts. What are iffy thoughts? Iffy thoughts are less accurate, unhelpful ways of viewing a situation. Now that we've reviewed this, take your time, look at the images of the iffy thoughts and the titles at the bottom of the page.

Write in the title beneath the correct image.



Iffy Thoughts: Homework 9



1. Example: Jump Off the Deep End



2.



3.



4.

Twist Someone's Words

On Someone's Back

Do a 180

Lumping Everyone Together

Jump Off the Deep End

Play Up

Play Down

The Handwriting is On the Wall

Pass the Buck

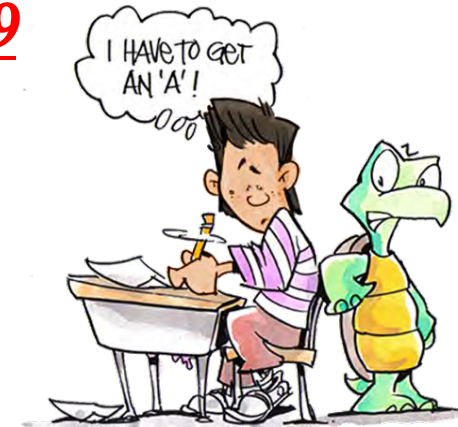
One Track Mind

Paint Everyone With the Same Brush

Left Holding the Bag

Read Someone Like a Book

Iffy Thoughts: Homework 9



5.

6.



7.

8.

Twist Someone's Words

On Someone's Back

Do a 180

Lumping Everyone Together

Jump Off the Deep End

Play Up

Play Down

The Handwriting is On the Wall

Pass the Buck

One Track Mind

Paint Everyone With the Same Brush

Left Holding the Bag

Read Someone Like a Book

Iffy Thoughts: Homework 9



9.



10.



11.



12.

Twist Someone's Words

On Someone's Back

Do a 180

Lumping Everyone Together

Jump Off the Deep End

Play Up

Play Down

The Handwriting is On the Wall

One Track Mind

Pass the Buck

Paint Everyone With the Same Brush

Read Someone Like a Book

Left Holding the Bag

Iffy Thoughts: Homework 9



13.

Twist Someone's Words

Jump Off the Deep End

On Someone's Back

Play Up

Pass the Buck

Do a 180

Play Down

One Track Mind

Lumping Everyone Together

The Handwriting is On the Wall

Paint Everyone With the Same Brush

Left Holding the Bag

Read Someone Like a Book

Targeting Iffy Thoughts: Homework 10

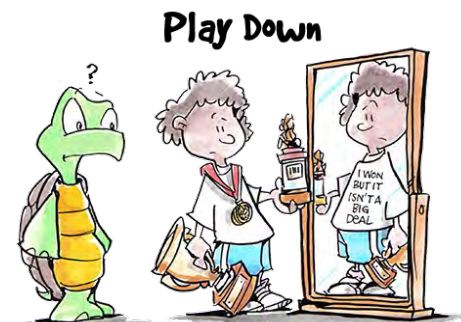
For this assignment, you will reflect on the definitions of iffy thoughts that you learned this week. Turn to the last page to find a list of definitions for each iffy thought. Use this list to match the definitions to the correct iffy thought.



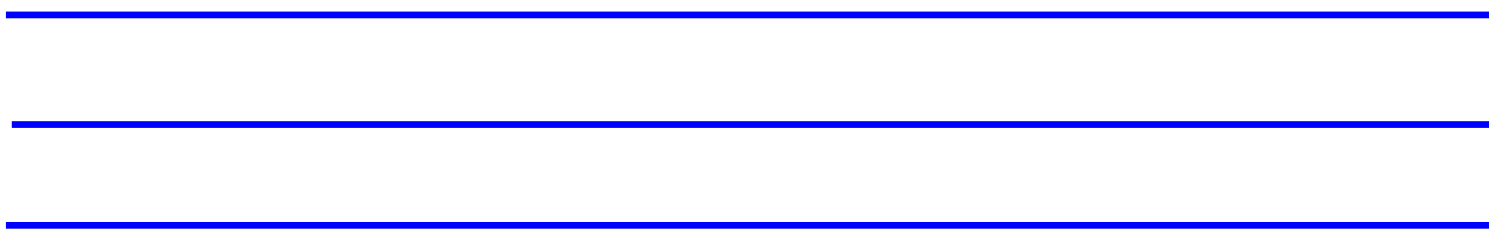
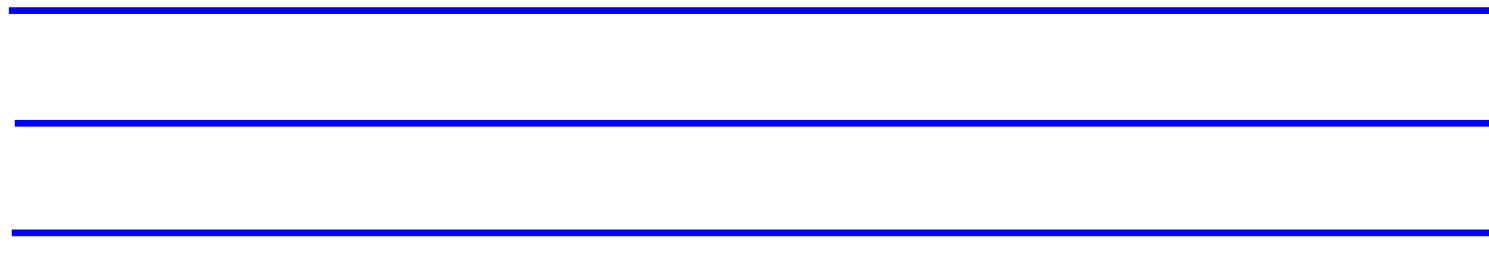
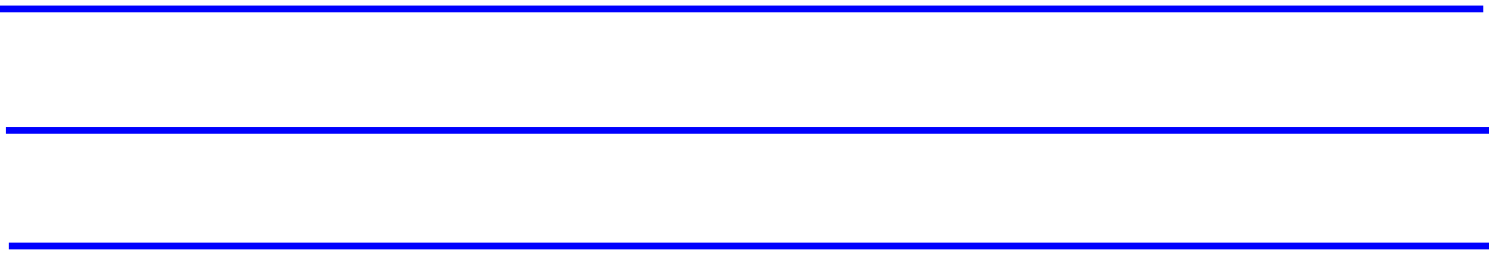
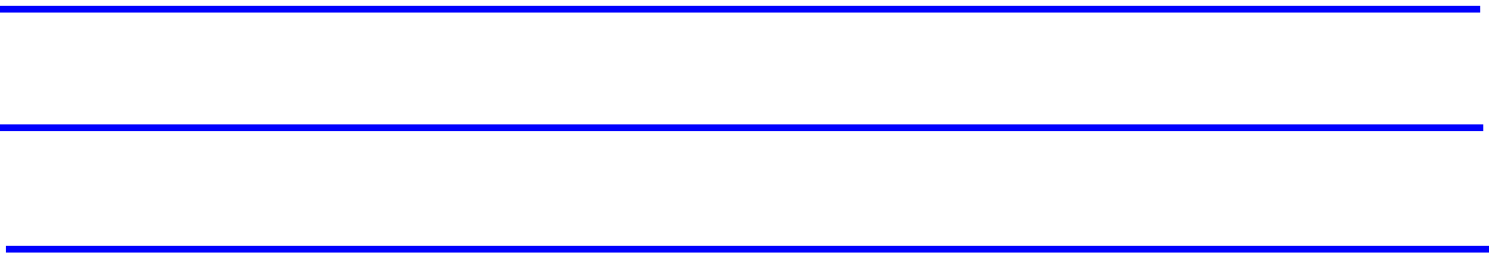
Example: With little information, you use words like, "all", "always", and "never" to form your opinion.



Targeting Iffy Thoughts: Homework 10



This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Targeting Iffy Thoughts: Homework 10

Lumping Everyone Together



Targeting Iffy Thoughts: Homework 10

Iffy Thoughts Definitions

With little information, you use words like, "all", "always" and "never" to form your opinion.

Taking all of the blame.

Thinking with extreme words.

Thinking that your problem is worse than it really is.

Using demanding words on yourself and/or others.

Constantly repeating a negative thought.

Thinking an outcome will be negative.

Passing the blame on to someone else.

Believing that someone is thinking negatively about you.

Thinking that your achievements are no big deal.

Attaching a negative label to yourself and/or others based on an experience.

Thinking is based on negative feelings.

Explaining away your positive experiences.

Searching for Iffy Thoughts: Homework 11

For this assignment, you will reflect on the sample sentences of iffy thoughts that you learned this week. Turn to the last page to find a list of sample sentences for each iffy thought. Use this list to match the sample sentences to the correct iffy thought.



Example: This is the second kid in my class named Danny who
interrupts so I know that all boys named Danny interrupt.

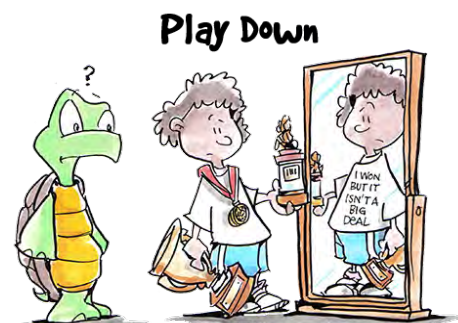


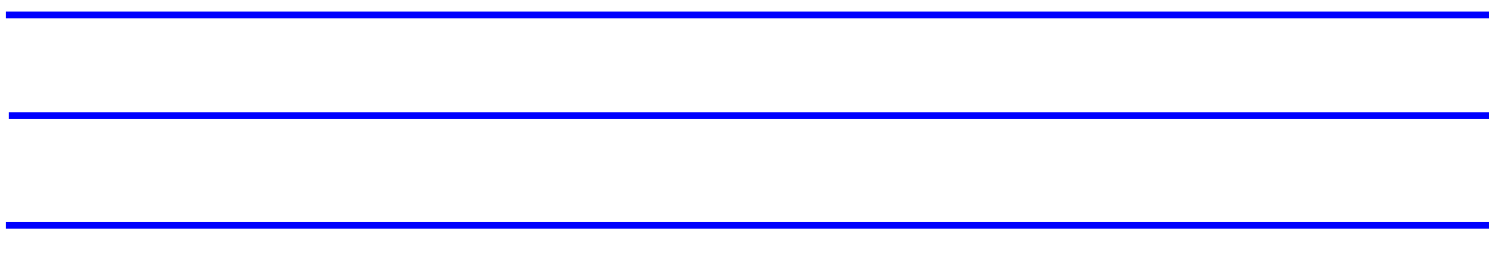
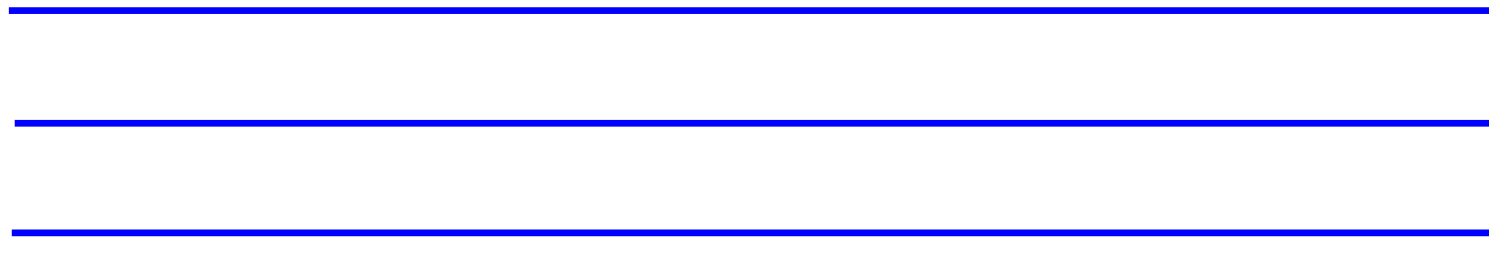
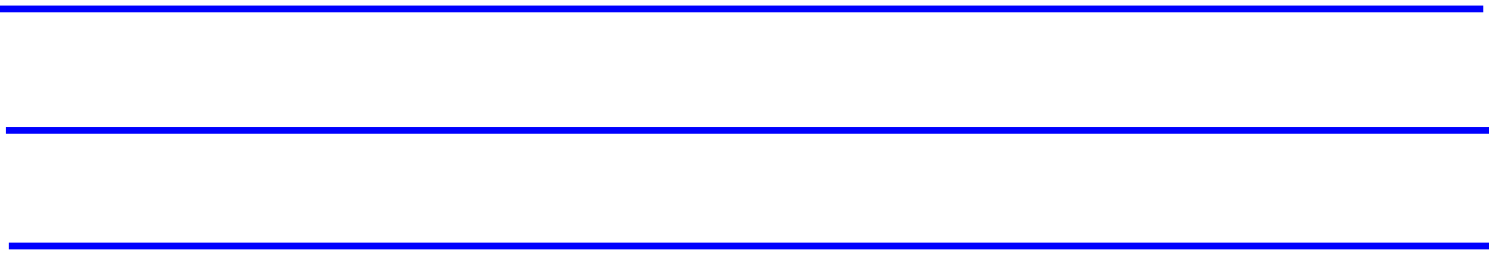
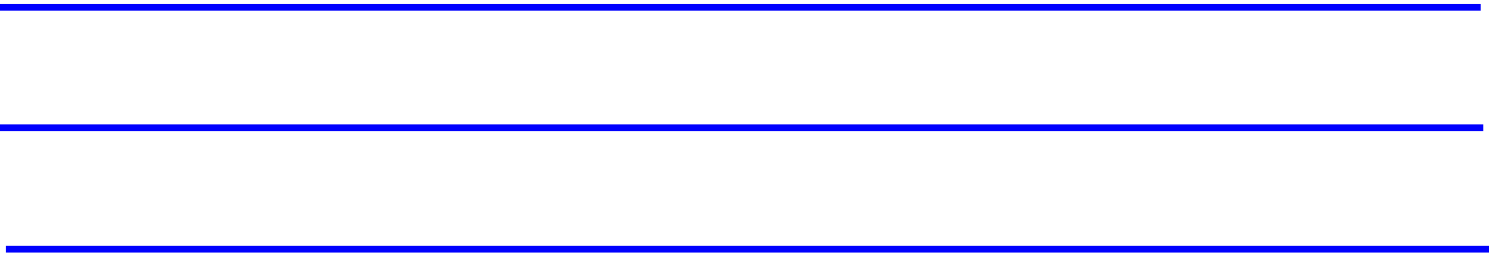
Searching for Iffy Thoughts: Homework 11









[illegible]

Searching for Iffy Thoughts: Homework 11

Lumping Everyone Together



Searching for Iffy Thoughts: Homework 11

Iffy Thoughts Sample Sentences

This is the second kid in my class named Danny who interrupts so I know that all kids named Danny interrupt.

I'm going to lose the race.

I lied, I lied, I lied.

I won because they let me.

The teacher thinks I cheated.

He made me late for school.

She's such a fool.

It's my fault we argued.

I don't deserve an award.

First she likes me, then she doesn't.

This is the worst day of my life.

She has to buy me a gift.

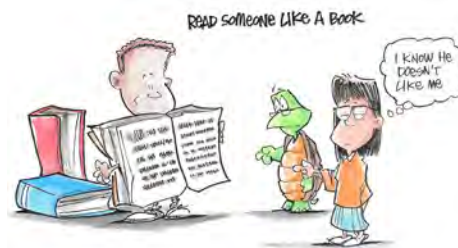
I feel helpless so I know I can't do it on my own.

Expanding Your View of Iffy Thoughts: Homework 12

By this time you can identify the title, definition and sample sentence for each iffy thought. Now, you are to come up with your own sample sentences for each of the iffy thoughts listed below. Use the definitions and sample sentences from the last two week's homework assignments to help you.



Example: The substitute teacher didn't give us homework tonight
so I know that all substitute teachers don't give homework.

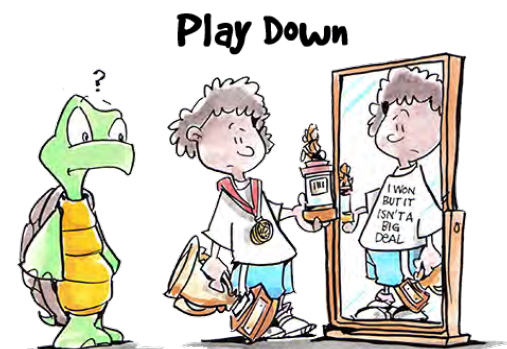


Expanding Your View of Iffy Thoughts: Homework 12









Expanding Your View of Iffy Thoughts: Homework 12



Do A 180



ONE
TRACK
MIND



on Someone's Back



PASS THE BUCK

Expanding Your View of Iffy Thoughts: Homework 12

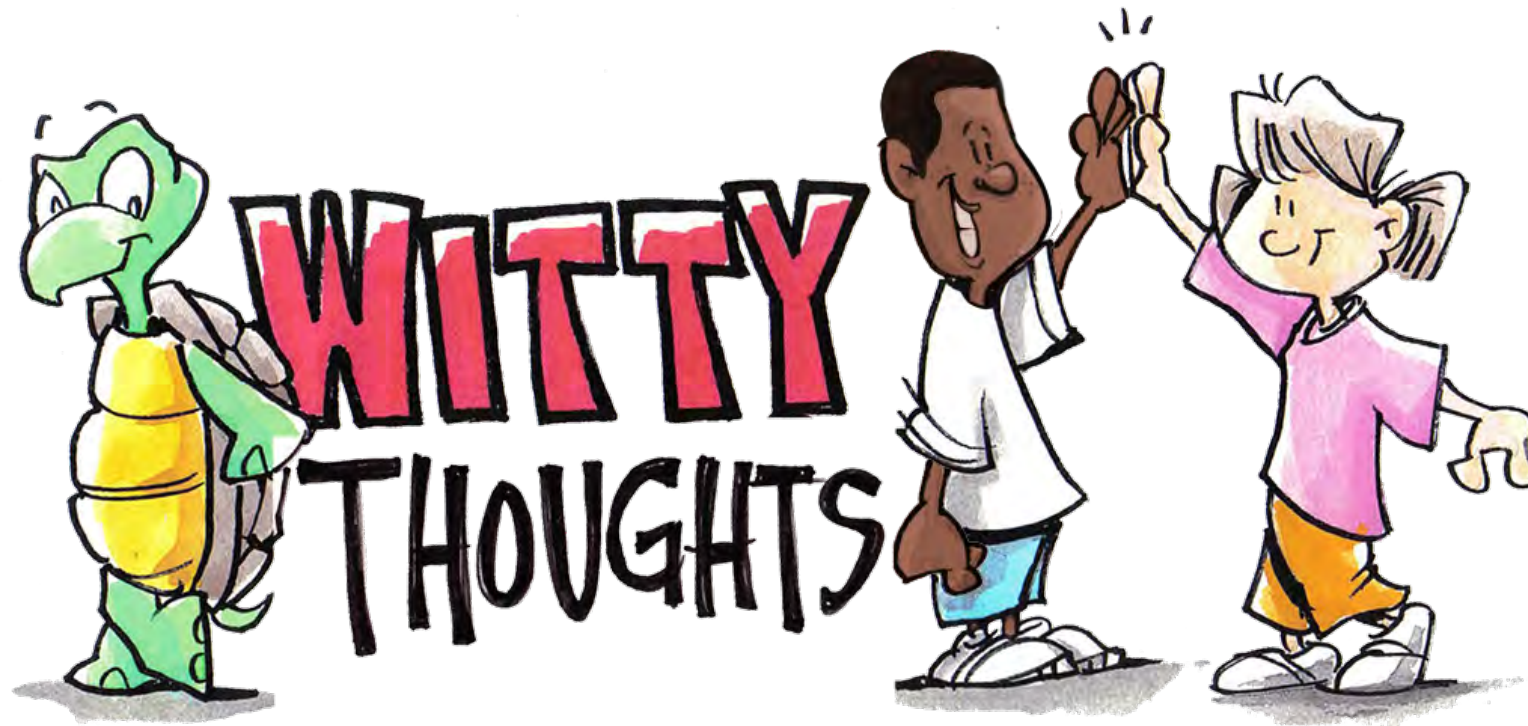
Lumping Everyone Together



Witty Thoughts: Homework 13

One of our goals is to have less iffy and more witty thoughts. In homework assignments 13-16, you will complete exercises to give you additional practice in using witty thoughts. What are witty thoughts? Witty thoughts are more accurate, helpful ways of viewing a situation. Now that we've reviewed this, take your time, look at the images of the witty thoughts and the titles at the bottom of the page.

Write in the title beneath the correct image.



Witty Thoughts: Homework 13



1. Example: Come to One's Senses

2.



3.

4.

Tip the Scales

Put Yourself in Someone' Else's Shoes

Strike a Balance

Come to One's senses

Go On a Fishing Expedition

Collect One's Thoughts

Cut Someone Some Slack

Burning Questions

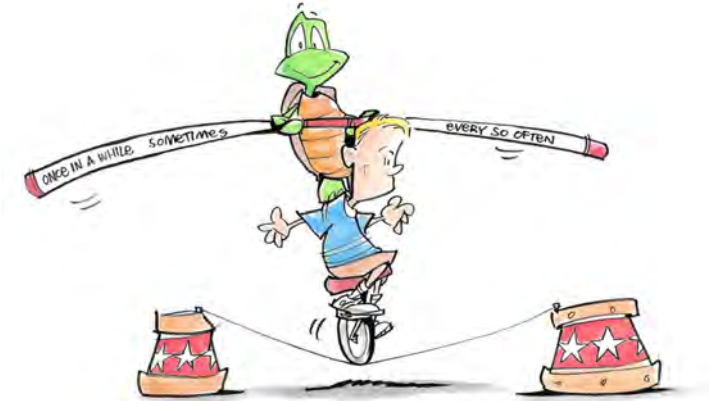
It Takes Two to Tango

Earn Brownie Points

Witty Thoughts: Homework 13



5.



6.



7.



8.

Tip the Scales

Put Yourself in Someone' Else's Shoes

Strike a Balance

Come to One's Senses

Go On a Fishing Expedition

Collect One's Thoughts

Cut Someone Some Slack

Burning Questions

It Takes Two to Tango

Earn Brownie Points

Witty Thoughts: Homework 13



9.



10.

Tip the Scales

Put Yourself in Someone' Else's Shoes

Strike a Balance

Come to One's Senses

Go On a Fishing Expedition

Collect One's Thoughts

Cut Someone Some Slack

Burning Questions

It Takes Two to Tango

Earn Brownie Points

Targeting Witty Thoughts: Homework 14

For this assignment, you will reflect on the definitions of witty thoughts that you learned this week. Turn to the last page to find a list of definitions for each witty thought. Use this list to match the definitions to the correct witty thought.

cut Someone Some Slack



Example: Use less demanding words

TIP THE SCALES



Earn Brownie Points



BURNING QUESTIONS



Targeting Witty Thoughts: Homework 14

come To one's Senses



STRIKE A BALANCE



COLLECT ONE'S THOUGHTS



IT TAKES TWO TO TANGO



Targeting Witty Thoughts: Homework 14





Targeting Witty Thoughts: Homework 14

Witty Thoughts Definitions

Use less demanding words.

Give yourself credit for your efforts.

Ask yourself, "What am I thinking?".

More evidence leads to wittier thinking.

Ask yourself what someone else might think about the situation.

Your behavior influences the outcome.

Use less extreme words.

Use your senses to think more clearly about a situation.

Ask/answer the questions: who, what, when and where to determine why.

In any given situation, at least two people share responsibility.

Exploring Witty Thoughts: Homework 15

For this assignment, you will reflect on the sample sentences of witty thoughts that you learned this week. Turn to the last page to find a list of sample sentences for each witty thought. Use this list to match the sample sentences to the correct witty thought.

cut Someone Some Slack



Example: Perhaps I'll win the spelling bee.

TIP THE SCALES

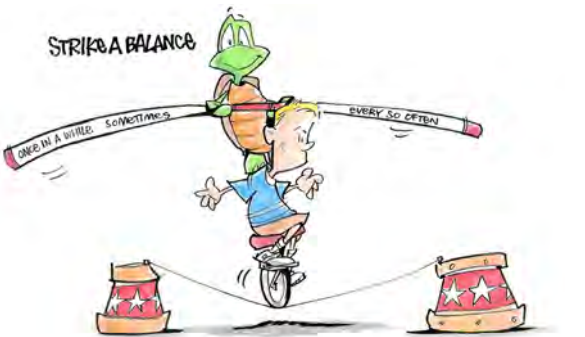


Earn Brownie Points



BURNING QUESTIONS



[illegible]

Exploring Witty Thoughts: Homework 15

GO ON A FISHING EXPEDITION



PUT YOURSELF IN SOMEONE ELSE'S SHOES



Exploring Witty Thoughts: Homework 15

Witty Thoughts Sample Sentences

Perhaps I'll win the spelling bee.

He's not a bad student, he's my friend who had to stay after school yesterday because he forgot to hand in his homework every day this week.

I ate dinner, it's likely I'll get dessert.

He invited me because I'm a lot of fun.

Sometimes you win, sometimes you lose.

I heard she had to leave because she got a call from her mother.

You were shouting too.

I thought the school trip was canceled because not enough parents signed up as chaperones until I found out that we are going to have a snow storm.

She might think that he's just tired.

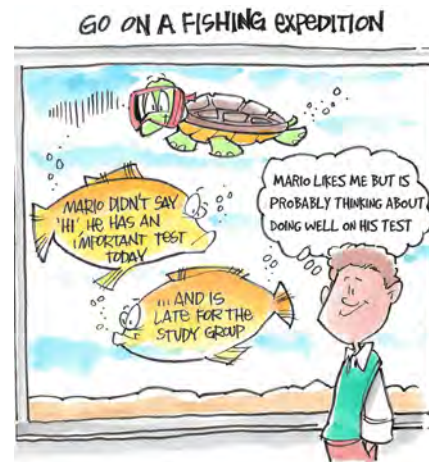
Tomorrow is the first day of school.

Witty Quotes: Homework 16

In this assignment you will read 7 witty quotes that are meant to be funny and amusing (a chuckle will do). Take these witty quotes home to share with a family member and together look at the 3 illustrations below each quote. Try to figure out which witty thought each quote represents. Write the correct answer in the space provided.

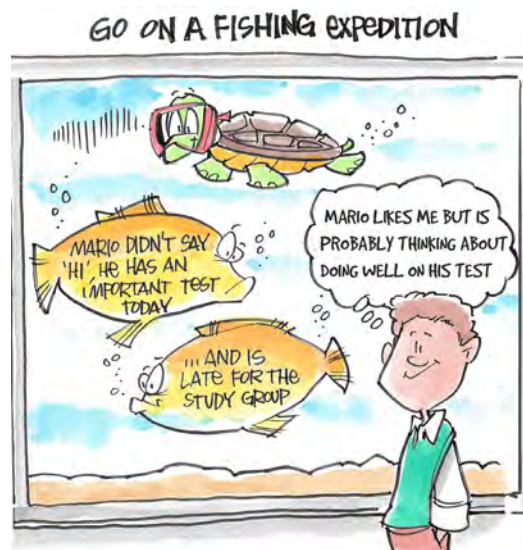
"I used the dog ate my homework excuse again . . . guess I'll keep using it until the teacher finds out that I have a cat."

Example: Go On a Fishing Expedition



Witty Quotes: Homework 16

"Sure I left my bike out in the rain again . . . but it was overdue for a wash anyway."



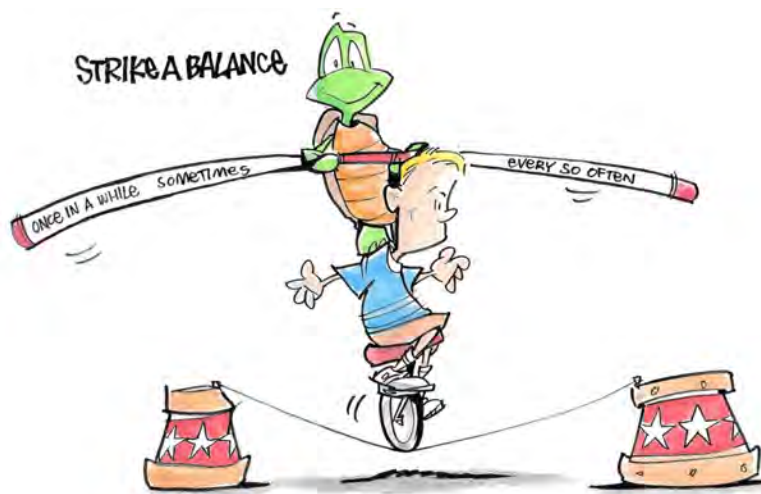
Witty Quotes: Homework 16

"Since dad told me to ask more questions, I decided that before accepting this low grade on my test . . . I need to verify the time and place of its grading and by whom before I can say it's reliable."



Witty Quotes: Homework 16

"The hard part isn't knowing that I got a low grade on my project . . . rather, it's going to be convincing my parents that this is one of those times that they could be more flexible in their thinking."



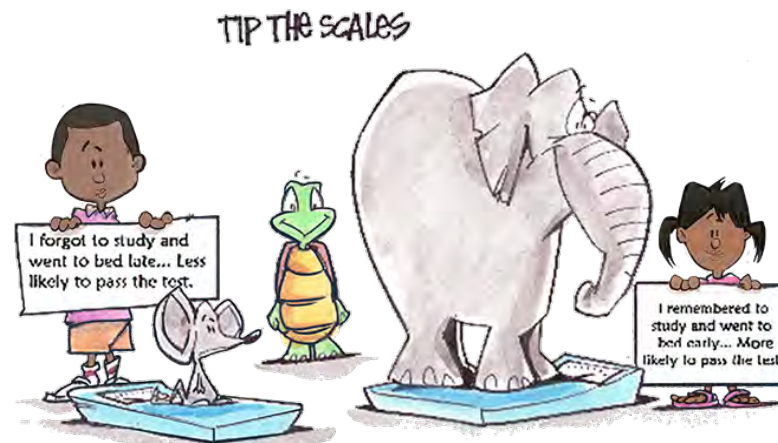
Witty Quotes: Homework 16

"I find that tuning into all of my senses is helpful in getting the most out of life . . . but tuning out helps when I show my parents my report card."



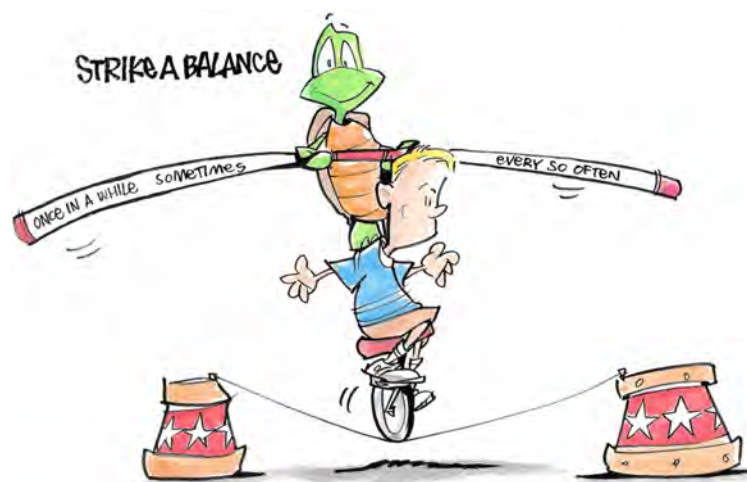
Witty Quotes: Homework 16

"My parents love to dance so I told them that I'm giving them dancing lessons for their anniversary; they were thrilled until I told them that my part was coming up with the idea . . . and their part will be to pay for it. "



Witty Quotes: Homework 16

"I was walking home from school with yet another poor test grade when my friend said to me, 'What do you think your parents will say?' I told her that what they may see as another poor test grade I see as being consistent."



Iffy and Witty Thoughts: Homework 17



Guess the hidden thought title homework assignment! Here you will find two clues. The first clue will tell you if the thought is an iffy or witty one. For your second clue you will be given a short phrase or word. Then you will look at the bottom of the page where you will see all of the iffy and witty thoughts you have learned so far. This is where you will choose from one of those thought titles and write your answer in the space provided. Pay attention, some of the words/short phrases you have seen before and some may be new to you! Check your answer with the answer key.

Clue #1

#1. Witty Thought

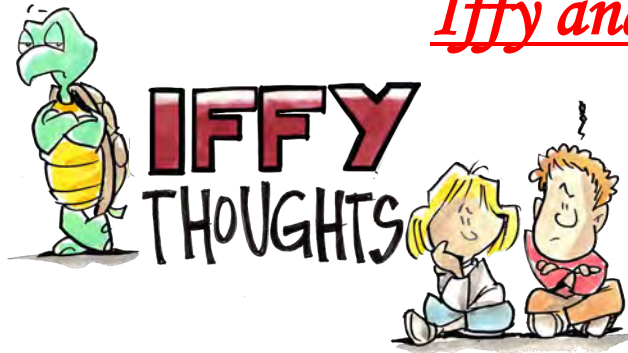
Clue #2

#2. From time to time

#3. I am: Example: Strike a Balance



Iffy and Witty Thoughts: Homework 17



Clue #1

#1. Iffy Thought

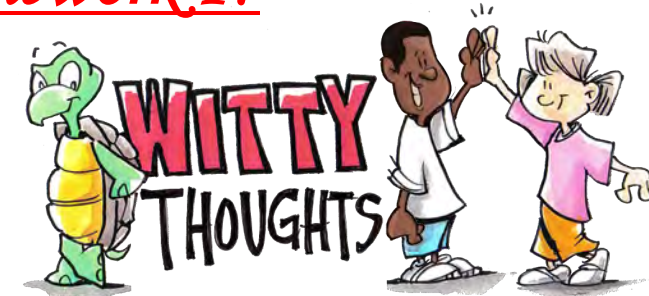
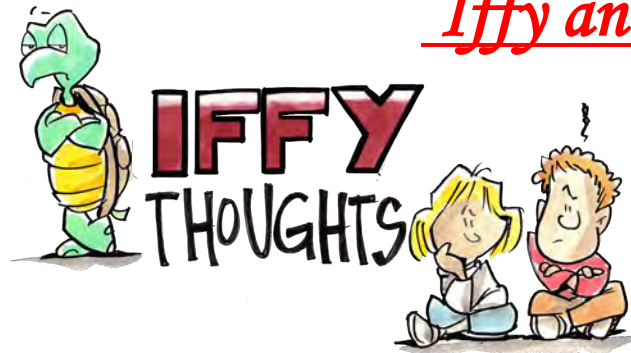
Clue #2

#2. Problems seem bigger than what they are

#3. I am: _____



Iffy and Witty Thoughts: Homework 17



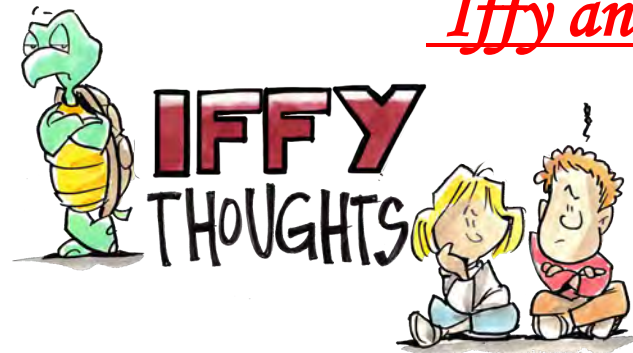
Clue #1
#1. Iffy Thought

Clue #2
#2. I can't take credit

#3. I am: _____



Iffy and Witty Thoughts: Homework 17



Clue #1

#1. Witty Thought

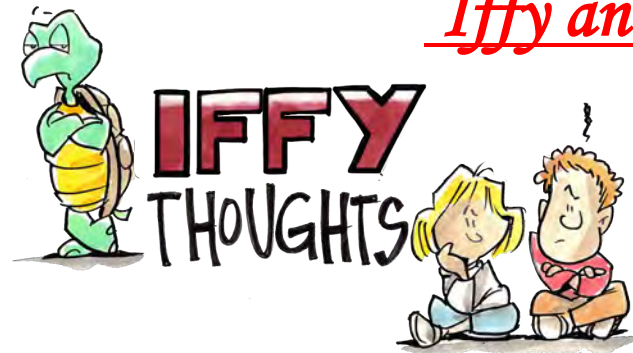
Clue #2

#2. I need to think about it

#3. I am: _____



Iffy and Witty Thoughts: Homework 17



Clue #1

#1. Iffy Thought

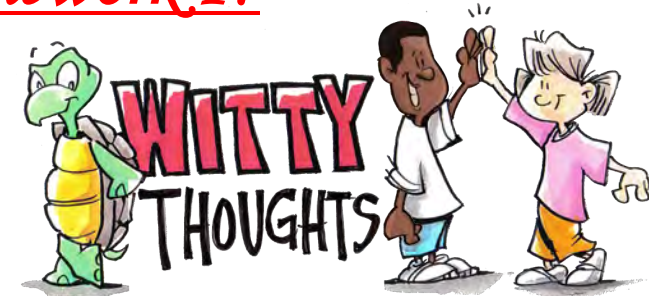
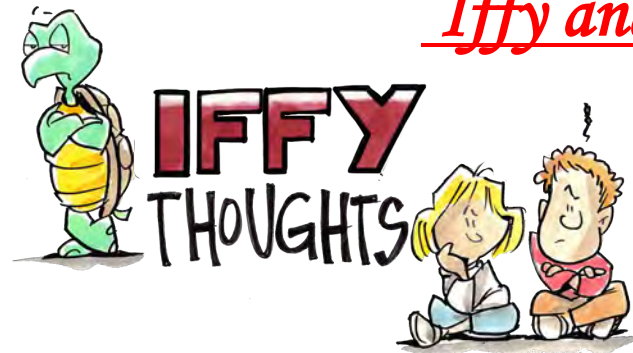
Clue #2

#2. Heads or tails

#3. I am: _____



Iffy and Witty Thoughts: Homework 17



Clue #1

#1. Witty Thought

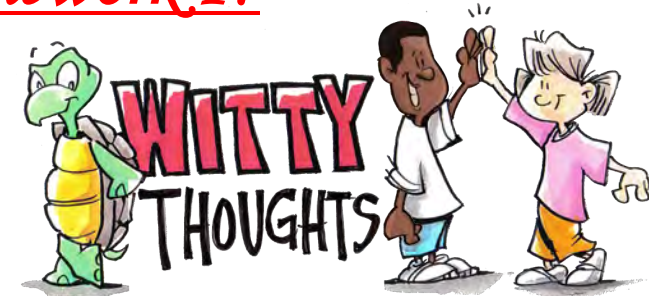
Clue #2

#2. Give me a break

#3. I am: _____



Iffy and Witty Thoughts: Homework 17



Clue #1

#1. Iffy Thought

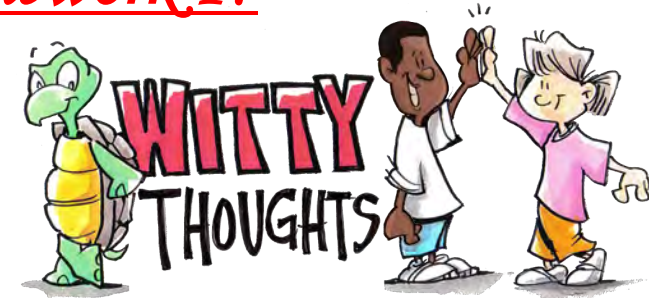
Clue #2

#2. Overly emotional

#3. I am: _____



Iffy and Witty Thoughts: Homework 17



Clue #1

#1. Iffy Thought

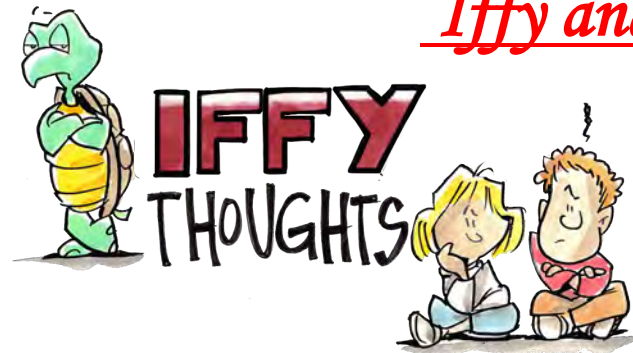
Clue #2

#2. They're all alike

#3. I am: _____



Iffy and Witty Thoughts: Homework 17



Clue #1

#1. Witty Thought

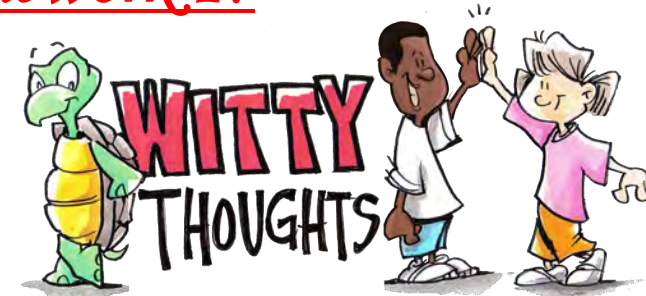
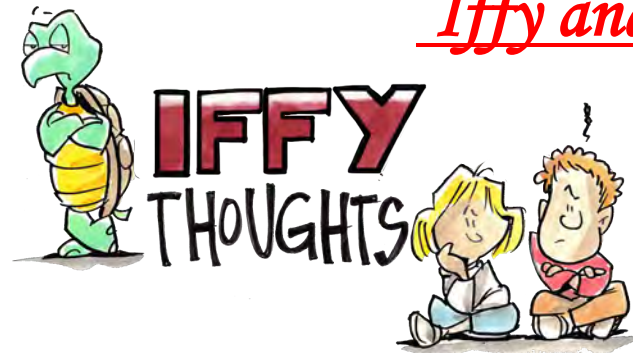
Clue #2

#2. It's better to know more than less

#3. I am: _____



Iffy and Witty Thoughts: Homework 17



Clue #1

#1. Iffy Thought

Clue #2

#2. Make light of your success

#3. I am: _____



Iffy and Witty Thoughts: Homework 17



Clue #1

#1. Iffy Thought

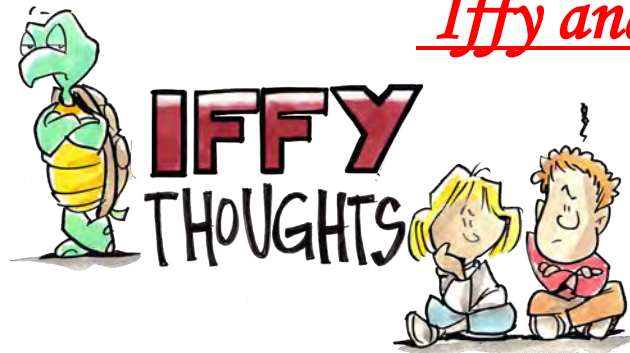
Clue #2

#2. It's all I think about

#3. I am: _____



Iffy and Witty Thoughts: Homework 17



Clue #1

#1. Witty Thought

Clue #2

#2. Ask/answer the million dollar questions

#3. I am: _____



Iffy and Witty Thoughts: Homework 17



Clue #1

#1. Iffy Thought

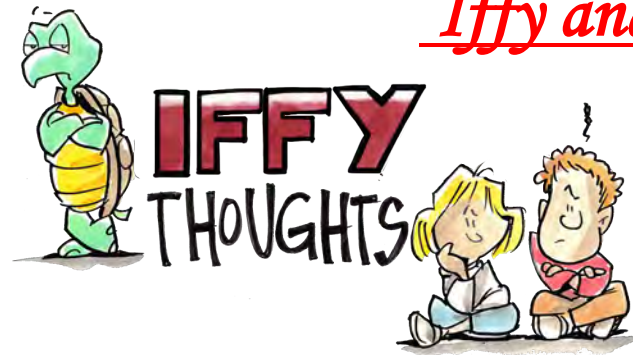
Clue #2

#2. Tag you're it

#3. I am: _____



Iffy and Witty Thoughts: Homework 17



Clue #1

#1. Witty Thought

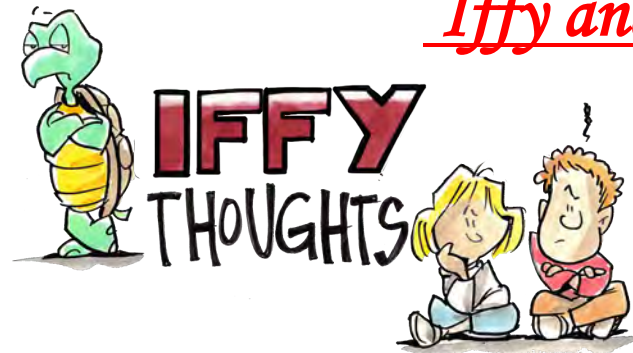
Clue #2

#2. I need a second opinion

#3. I am: _____



Iffy and Witty Thoughts: Homework 17



Clue #1

#1. Iffy Thought

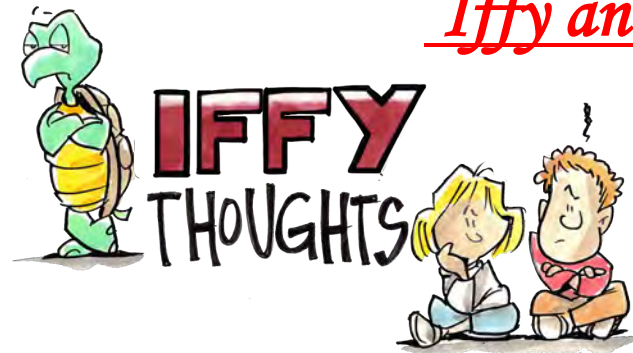
Clue #2

#2. Beg

#3. I am: _____



Iffy and Witty Thoughts: Homework 17



Clue #1

#1. Witty Thought

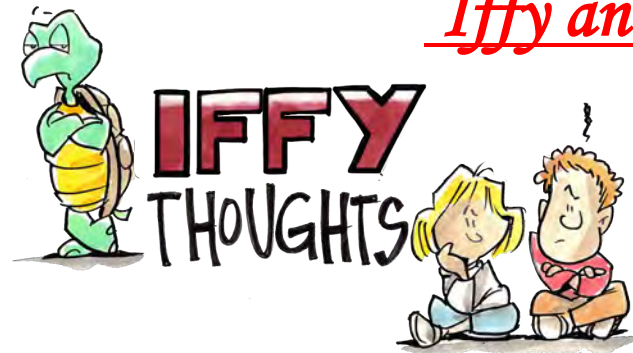
Clue #2

#2. Seeing is believing

#3. I am: _____



Iffy and Witty Thoughts: Homework 17



Clue #1
#1. Iffy Thought

Clue #2
#2. Dark clouds ahead

#3. I am: _____



IFFY THOUGHTS



Work 1:



A cartoon illustration featuring a green turtle with a yellow shell on the left. In the center, the words "WITTY THOUGHTS" are written in large, bold, red-outlined letters. To the right, a boy and a girl are shown. The boy is wearing a white t-shirt and blue pants, and the girl is wearing a pink t-shirt and orange pants. They are both smiling and appear to be in a playful or celebratory mood.



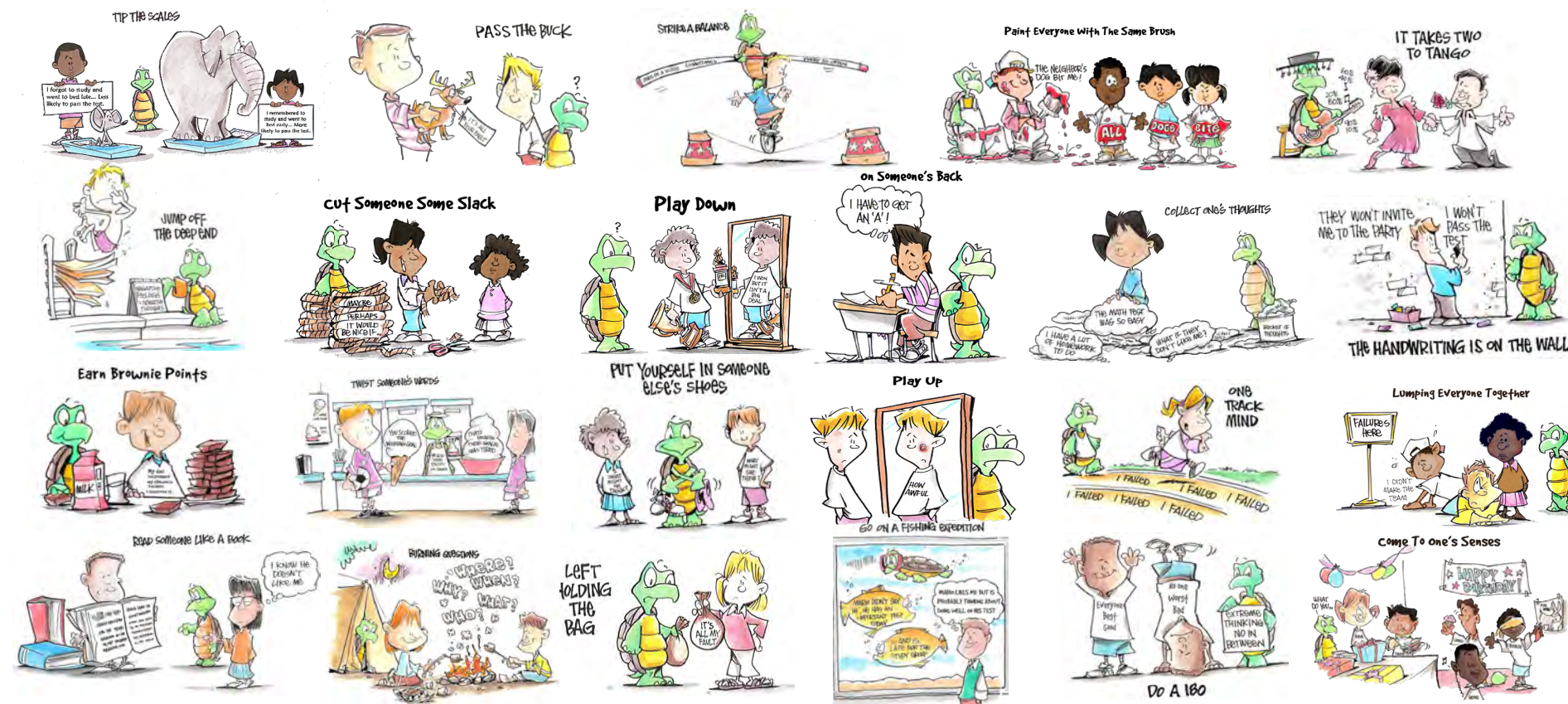
WITTY THOUGHTS



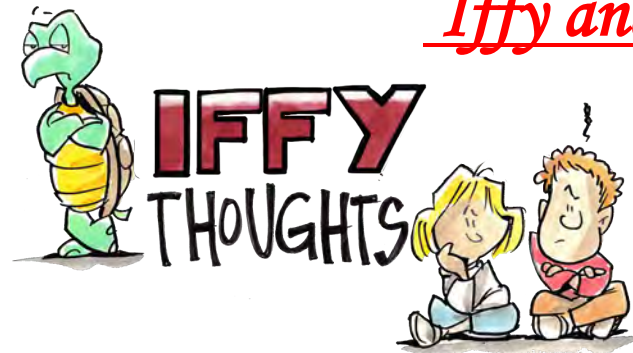
#1. Witty Thought

#2. What you do is what you get

#3. I am:



Iffy and Witty Thoughts: Homework 17



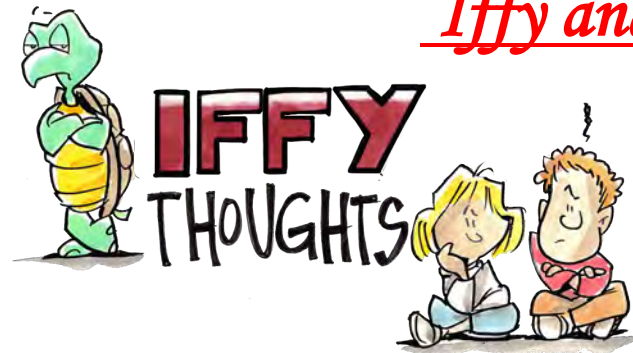
Clue #1
#1. Iffy Thought

Clue #2
#2. You move like a snail

#3. I am: _____



Iffy and Witty Thoughts: Homework 17



Clue #1

#1. Witty Thought

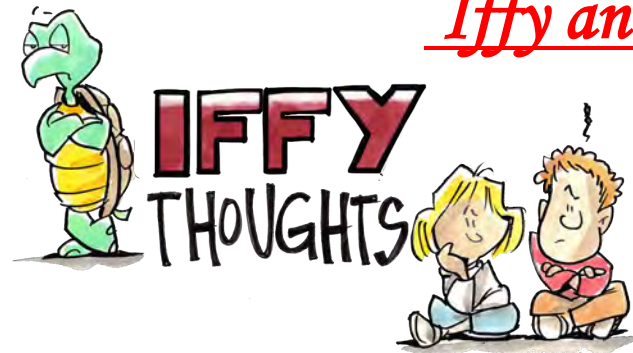
Clue #2

#2. We all have a part in it

#3. I am: _____



Iffy and Witty Thoughts: Homework 17



Clue #1

#1. Iffy Thought

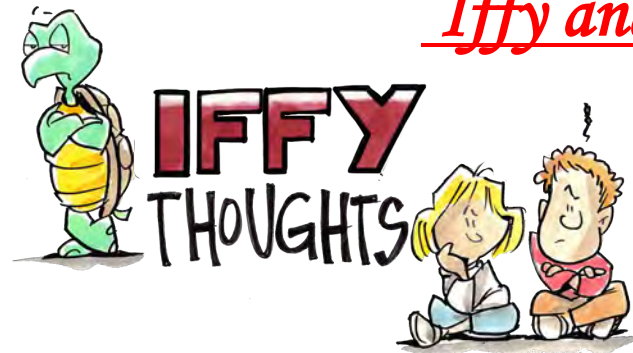
Clue #2

#2. I know what you're thinking

#3. I am: _____



Iffy and Witty Thoughts: Homework 17



Clue #1

#1. Witty Thought

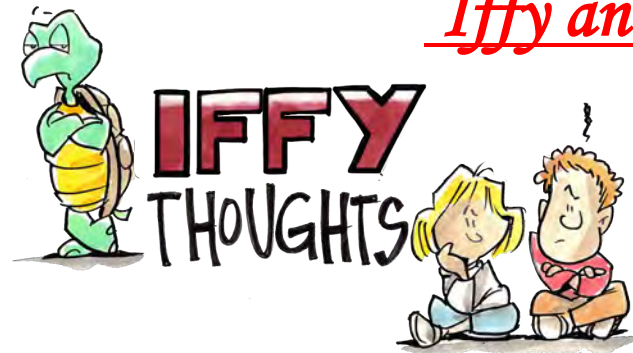
Clue #2

#2. I accept credit

#3. I am: _____



Iffy and Witty Thoughts: Homework 17



Clue #1

#1. Iffy Thought

Clue #2

#2. If something goes wrong, all eyes are on me

#3. I am: _____



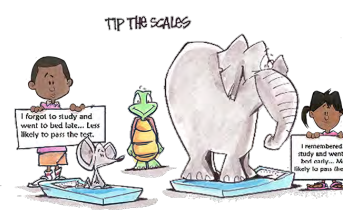
Even More Iffy and Witty Thoughts: Homework 18



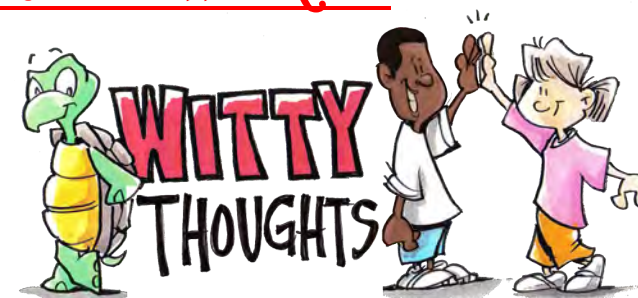
Now that you've learned that the witty thoughts not only challenge the iffy thoughts but that more than one witty thought can challenge an iffy thought. But til now, you've had the assistance of some words/phrases to help you. Here, you will only have the pictures of the iffy and witty thoughts to rely on. So, look at the iffy thought in the center of the page and then the witty thoughts below. Choose which witty thought "challenges" that iffy thought. Write your answer on the line next to the iffy thought. Check your answer with the answer key.



Example: It Takes Two to Tango



Even More Iffy and Witty Thoughts: Homework 18



Paint Everyone With The Same Brush



cut Someone Some Slack



IT TAKES TWO TO TANGO



PUT YOURSELF IN SOMEONE ELSE'S SHOES



GO ON A FISHING EXPEDITION



STRIKE A BALANCE



Earn Brownie Points



BURNING QUESTIONS



COLLECT ONE'S THOUGHTS



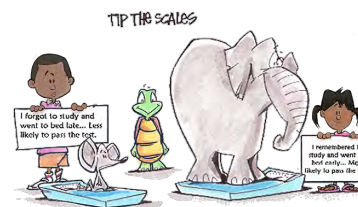
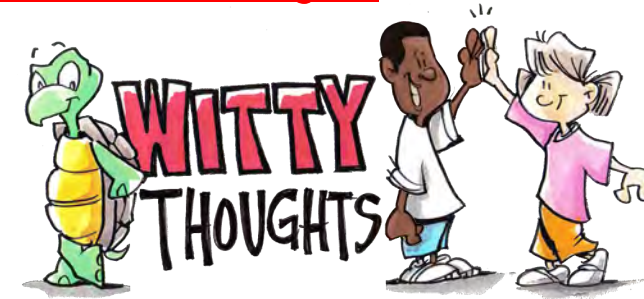
TIP THE SCALES



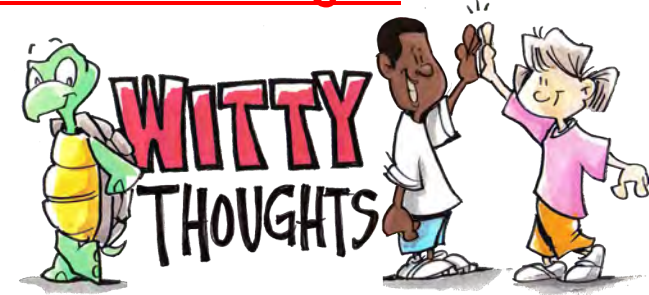
come To one's Senses



Even More Iffy and Witty Thoughts: Homework 18



IFFY THOUGHTS



WITTY THOUGHTS



A cartoon illustration featuring three characters and a large stack of books. On the left, a green, lizard-like creature with a yellow shirt stands behind a tall stack of books. The books have the text "MAYBE PERMAPS IT WON'T BE NICE" written on them. In the center, a boy with dark hair, wearing a white shirt and blue pants, is looking down at a small object in his hands. On the right, a girl with dark skin and curly hair, wearing a pink shirt and white skirt, stands looking towards the boy. The background is plain white.



IT TAKES TWO
TO TANGO



GO ON A FISHING EXPEDITION



STRIKE A BALANCE



BURNING QUESTIONS

A cartoon titled "COLLECT ONE'S THOUGHTS" in a stylized font at the top. On the left, a young girl with black pigtails and a blue shirt sits on a large, fluffy white cloud. She has a thoughtful expression. Below her are two more clouds with text: "I HAVE A LOT OF THOUGHTS TO DO" and "WHAT IF THEY DON'T LASTING?". On the right, a green cartoon turtle with a yellow and orange striped shell stands on a small patch of ground. It is holding a white bucket labeled "BUCKET OF THOUGHTS" and is in the process of dropping a thought into it. The turtle has a small, content smile.

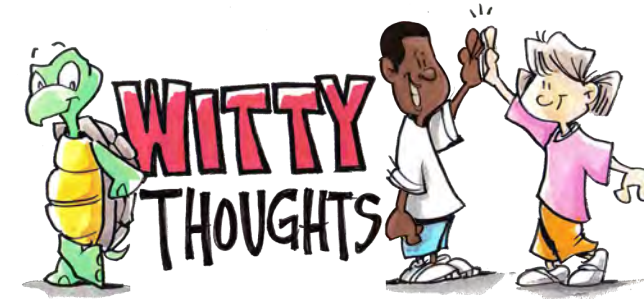


TIP THE SCALES

A vibrant cartoon illustration of a birthday party. In the background, a banner reads "HAPPY BIRTHDAY!" with stars. To the left, a girl with blonde hair says "WE'RE DOING GREAT!". In the center, a boy with dark hair says "I'M HAVING A GREAT TIME!". To his right, a girl with dark hair and a yellow headband also says "I'M HAVING A GREAT TIME!". In the foreground, a boy with dark skin and a white shirt says "I'M HAVING A GREAT TIME!". There are several wrapped gifts on a table, a green dinosaur-like creature, and colorful balloons hanging from the ceiling. A small inset in the top right corner shows a person holding a sign that says "I'M HAVING A GREAT TIME!".



Even More Iffy and Witty Thoughts: Homework 18



on Someone's Back



cut Someone Some Slack



IT TAKES TWO TO TANGO



PUT YOURSELF IN SOMEONE ELSE'S SHOES



GO ON A FISHING EXPEDITION



STRIKE A BALANCE



Earn Brownie Points



BURNING QUESTIONS



COLLECT ONE'S THOUGHTS



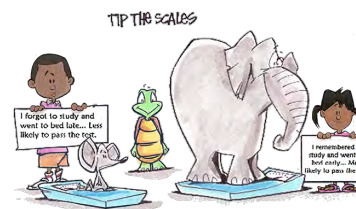
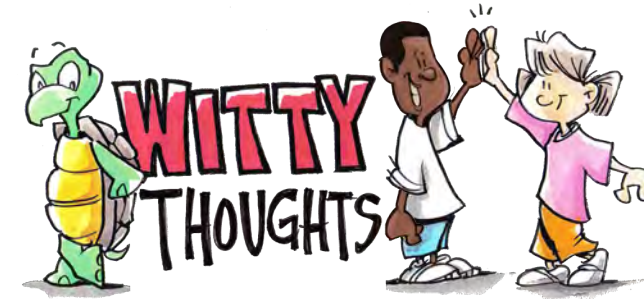
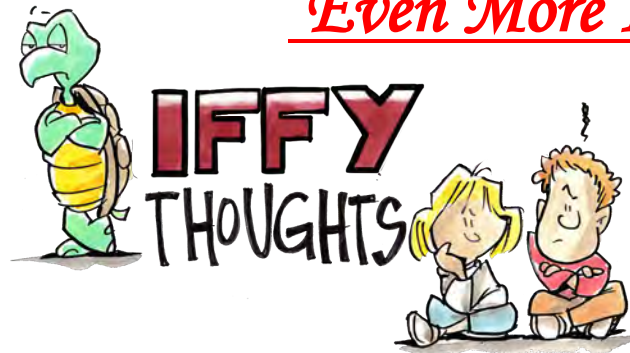
TIP THE SCALES



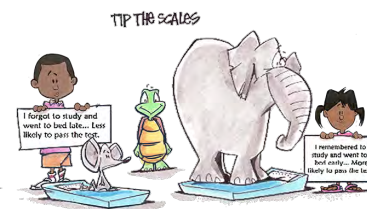
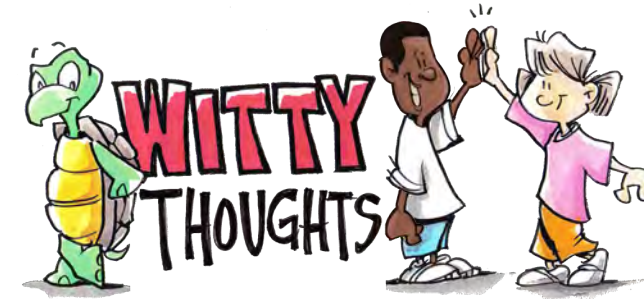
come To one's Senses



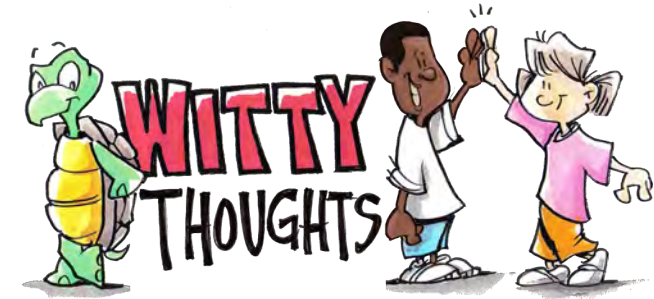
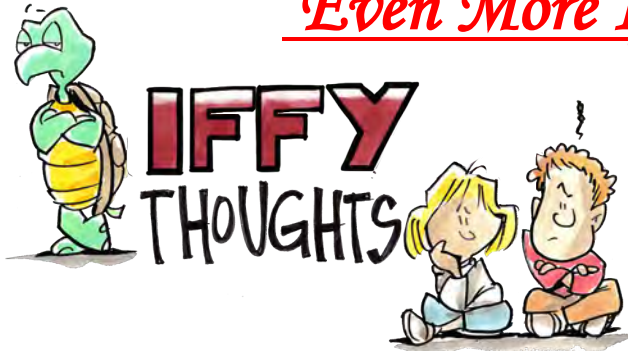
Even More Iffy and Witty Thoughts: Homework 18



Even More Iffy and Witty Thoughts: Homework 18



Even More Iffy and Witty Thoughts: Homework 18



Play Up



cut Someone Some Slack



IT TAKES TWO TO TANGO



PUT YOURSELF IN SOMEONE ELSE'S SHOES



GO ON A FISHING EXPEDITION



STRIKE A BALANCE



Earn Brownie Points



BURNING QUESTIONS



COLLECT ONE'S THOUGHTS



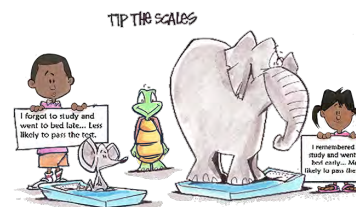
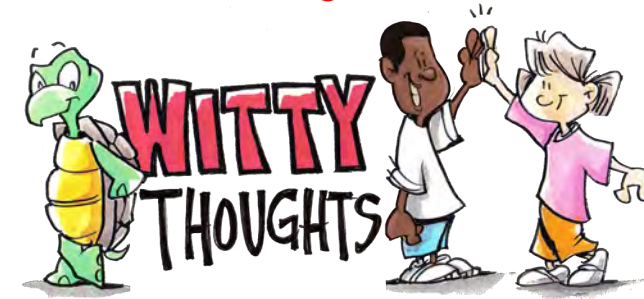
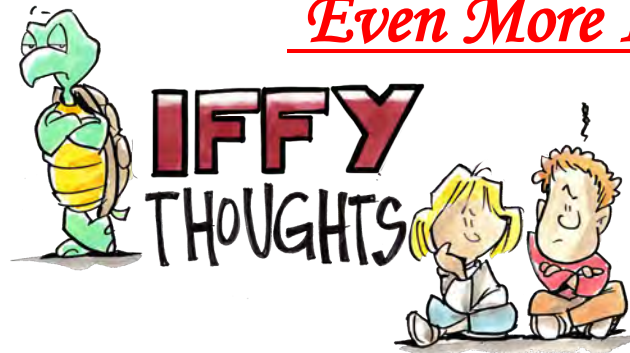
TIP THE SCALES



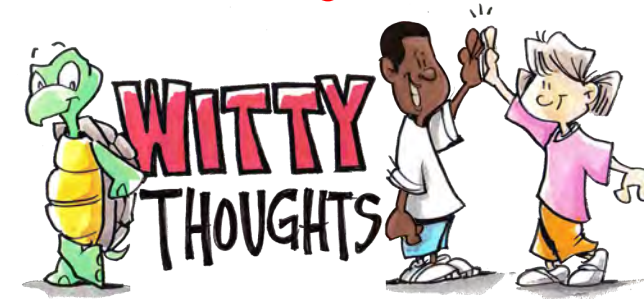
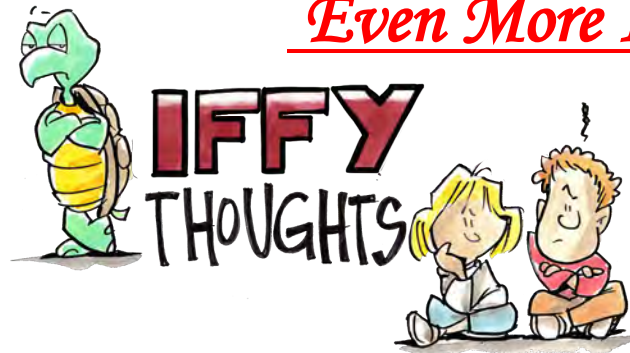
come To one's Senses



Even More Iffy and Witty Thoughts: Homework 18



Even More Iffy and Witty Thoughts: Homework 18



Lumping Everyone Together



cut Someone Some Slack



IT TAKES TWO TO TANGO



PUT YOURSELF IN SOMEONE ELSE'S SHOES



GO ON A FISHING EXPEDITION



STRIKE A BALANCE



Earn Brownie Points



BURNING QUESTIONS



COLLECT ONE'S THOUGHTS



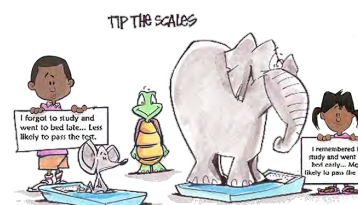
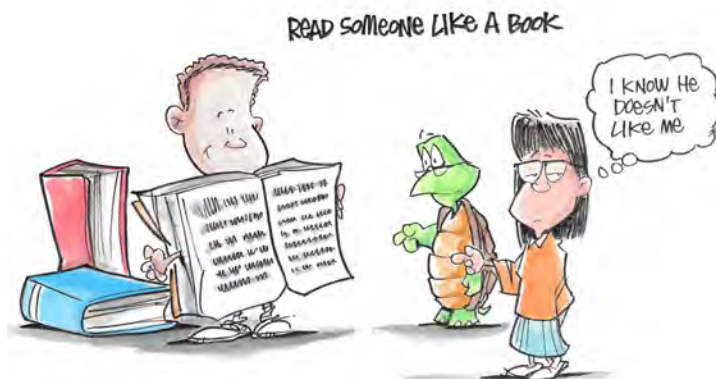
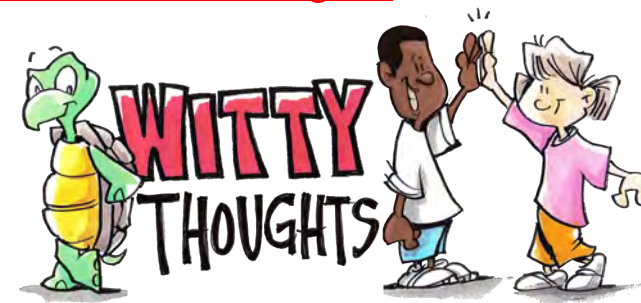
TIP THE SCALES



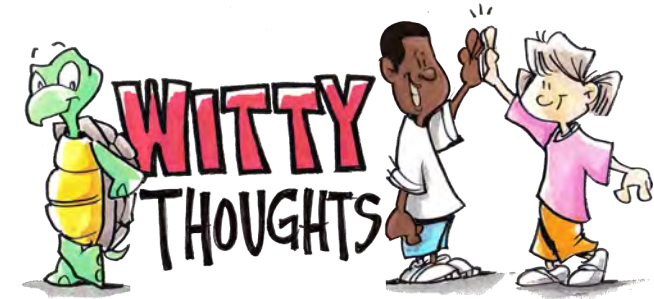
come To one's Senses



Even More Iffy and Witty Thoughts: Homework 18



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