

After completing each activity, use the following to determine whether or not you move on to the next activity. If students can answer 4 out of 5 questions/statements correctly, move on to the next activity. If students don't answer 4 out of 5 questions/statements correctly, then go back to the last slide completed and continue from there. If you've completed all the slides in that activity already, review some of the more challenging slides of the activity in question. Note: when there is a statement posed, the answers can be varied, so use your judgement in determining the accuracy of the response.

### Activity 1: Where Do Feelings Come From?

1. Name three feelings you learned
2. Define one of the feeling words
3. How many feelings can arise from one situation? Answer: Many
4. How many feelings can just one situation result in? Answer: Many
5. Where Do Feelings Come From? Answer: Our Thoughts



### Activity 2: What's On Your Mind?

1. What are things that happen to us every day called? Answer: Situations
2. What influences our thoughts? Answer: Situations
3. Give an example of a situation
4. Can a person choose his or her thoughts about a situation? Answer: Yes
5. How many thoughts can a person have from just one situation: Answer: Many



### Activity 3: How Do Your Thoughts Make You Feel?

1. What do our thoughts about a situation lead to? Answer: Our feelings
2. What do we need to be aware of? Answer: Our thoughts
3. What do different thoughts lead to? Answer: Different feelings
4. What kind of feeling might you have if you thought you got the highest grade in the class? Answer: A positive feeling/a positive feeling is named
5. What kind of feeling might you have if you thought you got the lowest grade in the class? Answer: A negative feeling/a negative feeling is named



#### Activity 4: What Do You Do With Your Feelings?

1. Do our thoughts come before or after our feelings? Answer: Before
2. What follows our feelings? Answer: Our behavior
3. If you are feeling interested, how are you likely to behave? Answer: Positively/a positive behavior is named
4. If you are feeling bored, how are you likely to behave? Answer: Negatively/a negative behavior is named
5. If you're feeling impatient, are you more likely to blame everyone around you or pace back and forth? Answer: Pace back and forth



#### Activity 5: From Thoughts to Feelings to Behaviors

1. Identify a positive thought
2. Identify a positive feeling for that thought
3. Identify a positive behavior for that thought
4. Identify a negative thought, feeling and behavior
5. Identify a neutral thought, feeling and behavior



#### Activity 6: Behaviors Lead to Consequences

1. What are two things you learned that follow one's thoughts? Answer: Feelings and behaviors
2. What follows our behavior? Answer: A consequence
3. What might happen if you slam your bedroom door? Answer: Names a negative consequence
4. Name a behavior (for example: I studied last night for the test)
5. Name its matching consequence (for example: I received a good grade on the test)



### Activity 7: Train of Thought

1. What follows a situation? Answer: Our thoughts
2. What follows our thoughts? Answer: Our feelings
3. What follows our feelings? Answer: Our behaviors
4. What follows our behaviors? Answer: Consequences
5. Do you smile and wave and then feel happy or do you feel happy and then smile and wave  
Answer: You feel happy and then smile and wave



### Activity 8: Train of Thoughts

1. How many thoughts, feelings, behaviors and consequences can a situation result in?  
Answer: Many
2. Name a situation and at least 2 possible corresponding thoughts
3. Name at least 2 possible corresponding feelings
4. Name at least 2 possible corresponding behaviors
5. Name at least 2 possible corresponding consequences



### Activity 9: Iffy Thoughts

1. Is an Iffy Thought helpful or unhelpful? Answer: Unhelpful
2. Do we all have Iffy Thoughts from time to time? Answer: Yes
3. Are idioms meant to be taken word for word? Answer: No
4. Name an Iffy Thought
5. Name its definition



### Activity 10: Targeting Iffy Thoughts

1. Which Iffy Thought means: "Take all the blame". Answer: Left Holding the Bag

2. Which Iffy Thought means, "Constantly repeating a negative thought".

Answer: One Track Mind

3. Which Iffy Thought means, "Use demanding words". Answer: On Someone's Back

4. Which Iffy Thought is this an example of?: "He made me late for school"

Answer: Pass the Buck

5. Which Iffy Thought is this an example of?: "I don't deserve an award"

Answer: Twist Someone's Words



### Activity 11: Searching for Iffy Thoughts

1. Do we sometimes think Iffy Thoughts without even realizing it? Answer: Yes

2. Does thinking Iffy Thoughts affect us positively or negatively? Answer: Negatively

3. Which Iffy Thought is this?: "The teacher doesn't think I studied last night."

Answer: Read Someone Like a Book

4. Which Iffy Thought is this?: "I'm such a loser for losing the race."

Answer: Lumping Everyone Together

5. Which Iffy Thought is this?: "I know I'm not going to win first prize."

Answer: The Handwriting is On the Wall



### Activity 12: Expanding Your View of Iffy Thoughts

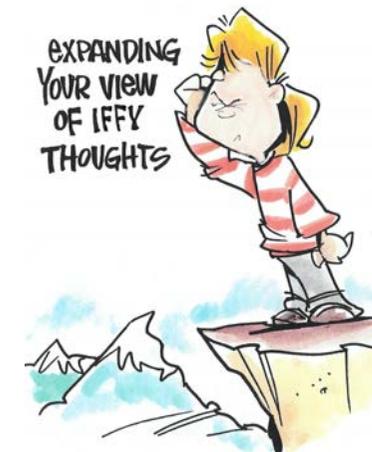
1. Which Iffy Thought means: All or nothing? Answer: Do a 180

2. Which Iffy Thought means: Enlarge your imperfections? Answer: Play Up

3. Which Iffy Thought means: A gut feeling? Answer: Jump Off the Deep End

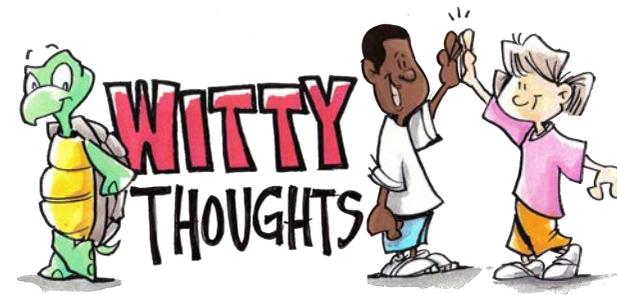
4. Which Iffy Thought means: Shrink your achievements? Answer: Play Down

5. Which Iffy Thought means: You come to a quick conclusion? Answer: Paint Everyone With the Same Brush



### Activity 13: Witty Thoughts

1. Is a Witty Thought helpful or unhelpful? Answer: Helpful
2. Define an idiom? Answer: a phrase that is not meant to be taken word for word
3. Do we want to have more or less Witty Thoughts? Answer: More
4. Name a Witty Thought
5. Name a its definition



### Activity 14: Targeting Witty Thoughts

1. Which Witty Thought means: "Share responsibility"? Answer: It Takes Two to Tango
2. Which Witty Thought means: "Use less extreme words"? Answer: Strike a Balance
3. Which Witty Thought means: "Behavior affects outcome"? Answer: Tip the Scales
4. Which Witty Thought is this an example of: "She thinks he's just tired."  
Answer: Put Yourself in Someone Else's Shoes



5. Which Witty Thought is this an example of: "Perhaps I'll win the spelling bee." Answer: Cut Someone Some Slack

### Activity 15: Exploring Witty Thoughts

1. Which Witty Thought would say this: "I thought I got the lowest grade in the class until Jack, Mike and Gerry shared their test grades with me." Answer: Go On a Fishing Expedition
2. Which Witty Thought would say this: "My dad asked me to take care of our cat because he knows that I'm very responsible." Answer: Earn Brownie Points
3. Which Witty Thought would say this: "My mom asked me why I was so quiet all day, so I told her I was thinking about making plans for the weekend." Answer: Collect One's Thoughts
4. Which Witty Thought would say this: "My dad and I really like baseball but since we can't go to all the games, every so often we watch it on tv." Answer: Strike a Balance
5. Which Witty Thought would say this: "I heard the new kid in school was mean until I saw him help a younger student cross the street." Answer: Come to One's Senses



### Activity 16: Witty Quotes

1. Which Witty Thought would say this, "My room looks clean to me, but to my mom, well . . . that's another story." Answer: Put Yourself in Someone Else's Shoes
2. Which Witty Thought would say this, "I think I'm really smart . . . I just want those thoughts to get a little stronger during school hours." Answer: Collect One's Thoughts
3. Which Witty Thought would say this, "Even though they say seeing is believing . . . I prefer tasting when it comes to chocolate." Answer: Come to One's Senses
4. Which Witty Thought would say this, "They say curious minds want to know. I may be curious about my grades but . . . I'm not sure I want to know." Answer: Burning Questions
5. Which Witty Thought would say this, "I was glad when the teacher said a group of kids were going to the principal's office for not listening until . . . I found out I was one of them." Answer: Go On a Fishing Expedition



### Activity 17: Iffy and Witty Thoughts

1. Which Iffy or Witty Thought is this?: I can't take credit. Answer: Twist Someone's Words
2. Which Iffy or Witty Thought is this?: They're all alike. Answer: Paint Everyone With the Same Brush
3. Which Iffy or Witty Thought is this?: Seeing is believing. Answer: Come to Ones Senses
4. Which Iffy or Witty Thought is this?: If something goes wrong, all eyes are on me. Answer: Left Holding the Bag
5. Which Iffy or Witty Thought is this?: We all have a part in it. Answer: It Takes Two to Tango



### Activity 18: More Iffy and Witty Thoughts

1. Change this sentence to a Witty Thought: "I must get an A." Answer: A phrase using a less demanding word like I wish, I hope, I would like to, etc.
2. Change this sentence to a Witty Thought: "The coach thinks I don't like hockey because I didn't go to practice." Answer: a phrase offering another person's perspective
3. Change this sentence to a Witty Thought: "He's such a mess!" Answer: A phrase describing what the person sees instead
4. Change this sentence to a Witty Thought: "I was picked for the solo in the concert because no one else wanted to do it." Answer: A phrase giving yourself credit for your accomplishments
5. Change this sentence to a Witty Thought: "These clothes won't look good on me!" Answer: A phrase showing how your behavior will influence the outcome



## Activity 19

Which is the best Iffy or Witty Thought that fits in the following sentences?

1. Danny quickly responds with, "I couldn't because she didn't text me back". The teacher isn't pleased with his response and tells Danny that she believes that he's \_\_\_\_\_. Answer: Passing the Buck
2. Billy ran off to the food court yelling, "You never let me do anything, you're just like Derek's parents!" Ricco turned to his mom and dad then said, "He's \_\_\_\_\_ as usual. Don't you remember when he wanted to go surfing and he said that you always tell him no?" Answer: Painting Everyone With the Same Brush
3. Once the tour is over, I walk over to the guide and thank him for helping me see and hear how a zoo is built to separate animals from people. The guide looks at me, smiles and says, "Sounds to me like you have now \_\_\_\_\_ about how the zoo runs." Answer: Come to Your Senses
4. He takes one look at me and says, "I just need you to tell me what happened in the classroom. You can start by answering the questions, who, what, when, where and finally, why." So I tell him that it was all four of us, yelling and throwing papers at 11 a.m. in the classroom because we were excited that we had a substitute teacher. He appreciates my honesty and tells me that I have to stay in at recess anyway. When I leave his office, the secretary asks me what happened. I tell her that the principal was very fair and asked \_\_\_\_\_ in order to get a reasonable idea about the situation. Answer: Burning Questions
5. I stand silently in the living room for a moment looking at my dog, then turn toward my parents and say, "I see your point; it's possible that you both gave me a compliment because I tried my best and did a good job, so I guess I do \_\_\_\_\_ for my efforts after all." Answer: Earn Brownie Points

