

Name: _____

VOCABULARY Helpful (adj.) useful; beneficial

WARM-UP

PART 1: These students are feeling

PART 2: These students are thinking

VIDEO GUIDE

Emotions are _____

Thoughts are _____

Sometimes thoughts can be _____ and cause you to _____

If you recognize you're having unhelpful thoughts, you can _____

CLASS DISCUSSION

PART 1: The difference between thoughts and emotions is _____

PART 2: Unhelpful thoughts can cause you to make bad decisions by

ACTIVITY (PART 3)

Value: _____ Action: _____

Value: _____ Action: _____

Value: _____ Action: _____

WRAP-UP

Use the back of this paper to complete your plan, sentences, or self-portrait.