

Worksheet – Pressing pause

Stevie's situation

Stevie has no credit for his phone and his parents have said that they won't give him money until the weekend.


Stevie's thoughts

My parents are so unfair.
If I don't have credit, I won't know what's happening this weekend and I'll be left out.



Stevie's feelings

Angry and afraid of being left out.

Press pause  and calm down by _____

How might Stevie behave if he is calm?

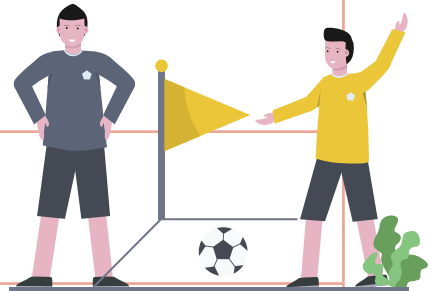


Sam's situation

Sam waved at the coach, who walked by without responding. There was a team selection taking place that evening at training.

Sam's thoughts

He doesn't like me.
He's not going to pick me for the team.



Sam's feelings

Angry and anxious.

Press pause  and calm down by _____

How might Sam's behave if he/she is calm?