

## Worksheet – Pressing pause

### Callum's situation

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


### Callum'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.



### Callum's feelings

Angry and afraid of being left out.

Press pause  and calm down by \_\_\_\_\_

How might Callum behave if he is calm?

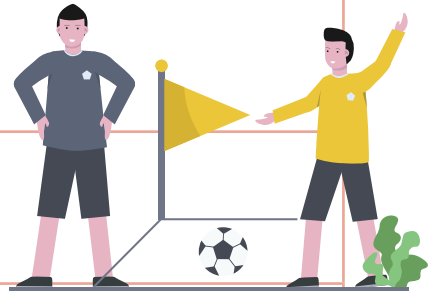


### Sam's situation

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?



**Stevie's situation**

Stevie told a story that she thought was funny, but no one laughed.

**Stevie's thoughts**

My friends don't like me anymore.  
They all think I'm stupid.

**Stevie's feelings**

Sad and embarrassed.

Press pause



and calm down by \_\_\_\_\_

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