

Worksheet – Thoughts, feelings and behaviours

Look at the situation and the behaviour of each character before answering the questions about their thoughts and feelings.

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

Callum's feelings



Callum's behaviour

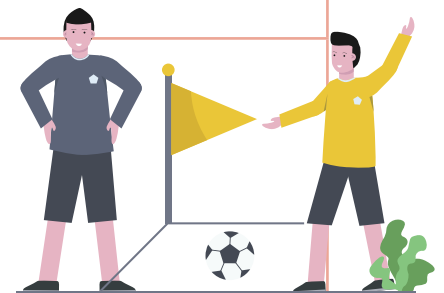
Callum refused to come downstairs for dinner and then shouted at his parents, slammed doors and said he wasn't doing any homework until they gave him credit.

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

Sam's feelings



Sam's behaviour

Sam decided not to go to training that evening and didn't speak to anyone for the rest of the evening.

Stevie's situation

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

Stevie's thoughts

Stevie's feelings



Stevie's behaviour

Stevie was in a bad mood and gave short answers to everyone for the rest of the day.



Leah's situation

Leah has entered an art competition, and has heard that the judges were impressed with her entry.

Leah's thoughts

Leah's feelings



Leah's behaviour

Leah couldn't stop smiling and couldn't concentrate in class.

Hugo's situation

Hugo told a funny story and everyone laughed.

Hugo's thoughts

Hugo's feelings

Hugo's behaviour

Hugo laughed too.

