

## Resource 3a (Activity 3) Knowing Yourself Quiz

	true	fairly true	hardly true	not true
1 I take exercise three times a week. (exercise = breathing and heart rate increased for 20 minutes.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 I eat a balanced diet.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 I do not smoke.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 I understand that how I feel is how I behave.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 I can talk to someone if I have a problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 I mix easily with new people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 I am looking forward in life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 I pray/reflect on a daily basis.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 I can appreciate beauty in nature.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 I know who my friends are.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11 I can be relied upon.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12 Family celebrations are important to me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13 In my schoolwork, I enjoy a challenge.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14 I always give my best in school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15 I agree that doing your best is more important than being the best.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	true	fairly true	hardly true	not true
<b>How many statements do you think are:</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Look at the statements where you answered hardly true, or not true. Which of the five elements of a whole person do they belong to? This could indicate areas of your life where changes could lead to a greater sense of happiness and contentment.

## Resource 3b (Activity 3) Personal Audit Sheet

Area of Health	Good Aspects	Things to Address
<b>Social</b> friends, family, community		
<b>Physical</b> fitness, diet, hygiene, smoking		
<b>Emotional</b> anger, sadness		
<b>Cognitive</b> learning, discipline, effort, achievement		
<b>Spiritual</b> Who am I? faith, understanding, peace		

**Resource 7a (relative to Activity 3)**  
Feelings Cards

When someone ignores me...	I feel irritated when...	Unhappy people...
It annoys me when...	The last time I felt important...	Being alone...
You would know someone loves you if...	The last time I cried...	I'm happiest when...
I feel sad when...	When someone I like gives me a big smile...	When I'm left out of something I...

**Resource 7b (relative to Activity 3)**

Feelings Cards

The worst thing that could happen to me is...	If people really knew me...	I feel excited when...
I hate...	The thing I'm most afraid of is...	The thing that could hurt me most is...
When I'm anxious about something...	If someone I loved died...	If someone I fancied told me they liked me...

### Resource 1 (Activity 1) Expressing Emotion

**You have just been asked to report to the principal's office.**

- 1 Name the emotion. **I felt** .....
- 2 Describe what you did. **I** .....
- 3 Describe any physical reaction. ....

**You have entered a competition to win two free tickets for Disneyworld, Florida, with all expenses paid. An envelope bearing the company's logo arrives.**

- 1 Name the emotion. **I felt** .....
- 2 Describe what you did. **I** .....
- 3 Describe any physical reaction. ....

**It is the night of your first disco. A few hours before you are due to go out, a huge spot appears on your nose.**

- 1 Name the emotion. **I felt** .....
- 2 Describe what you did. **I** .....
- 3 Describe any physical reaction. ....

**You are on your way home when you see the bully from across the road push your little brother and take his sweets.**

- 1 Name the emotion. **I felt** .....
- 2 Describe what you did. **I** .....
- 3 Describe any physical reaction. ....

### Resource 2 (Activity 1)

# Saying How I Feel (A Checklist of Feelings)

Identify the feeling you think you would have in the following situations. Colour your choice or write your own feeling in the blank bubble.

**When spots appear on my face, I feel:**

fed up	ugly	nothing
panicky	annoyed	

**If we were to discuss changes to girls'/boys' bodies in class, I would feel:**

bored	interested	uncomfortable
relieved	embarrassed	

**When I see the boy/girl I fancy, I feel:**

confused	butterflies	happy
excited	giddy	

**When I look at myself in the mirror, I feel:**

pleased	unhappy	confident
frustrated	wonderful	

### Resource 3 (Activity 1)

# How Do You Feel Today?

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exhausted

confused

ecstatic

guilty

suspicious

angry

hysterical

frustrated

sad

confident

embarrassed

happy

mischievous

disgusted

frightened

enraged

ashamed

cautious

smug

depressed

overwhelmed

hopeful

lonely

lovestruck

jealous

bored

surprised

anxious

shocked

shy

### Resource 4a (Activity 1)

# How Do I Feel? (Scenario 1 and 2)

## Scenario 1

Imagine that you are alone in your bedroom when a mouse runs across the floor. **How do you feel?**

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Your parent/carer rushes in. **How do you feel now?**

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S/he kills the mouse. **How do you feel now?**

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## Scenario 2

Imagine that you plan to meet your friends outside the cinema at 7 pm.

Your friends don't show up. **How do you feel?**

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The following day you realise you got the time wrong. **How do you feel now?**

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### Resource 4b (Activity 1)

# How Do I Feel? (Scenario 3 and 4)

## Scenario 3

Your pet dies. **How do you feel?**

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Your friends are very understanding and supportive. **How do you feel?**

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Your parents/carer tell you it is not possible to have another pet. **How do you feel now?**

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You arrive home from school to find a new pet. **Do your feelings change?**

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## Scenario 4

You go to the hairdressers to get your hair highlighted.

Your brother/sister laugh and make fun of you. **How do you feel?**

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In school next day, your friends think it's great. **How do you feel now?**

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### Resource 5 (Activity 2)

## Types of Unhelpful Thinking

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### Dwell on the bad

One bad thing colours everything.

### Blow things out of proportion

'Everything is so awful', the importance of something is exaggerated.

### Ignore the good

Anything positive does not count.

### 'If only' thinking

Thinking things would be better if things (or you) were different.

### Jumping to conclusions

**Mind reading:** without checking it out, you conclude how someone is reacting to you.

**Fortune telling:** you predict things will turn out badly.

# Resource 6 (Activity 2) Unhelpful Thinking Quiz

Let's identify what type of thinking is going on in each statement.

Types of unhelpful thinking:

**Blowing things out of proportion**

**Dwelling on the bad**

**Mind reading/Fortune telling**

**Jumping to conclusions**

**Ignoring the good**

Read each statement. From the list above, name the type of thinking in each statement.  
You can use more than one.

It is the middle of the summer. A lot of your friends are away. You are bored and you think...  
**'this summer is boring'**.

.....

A friend tells you that you look well. You think, **'how can I look well with my hair like this?'**.

.....

Your favorite shirt is in the wash and you want to go out. You think, **'I have nothing to wear'**.

.....

You are late for school and forgot a book you need. You think, **'this day is ruined'**.

.....

You walk into a room where people are laughing and you think, **'they are laughing at me'**.

.....