



# RAD

## Activity 2

Identify whether each item is a thought, feeling or behaviour

For each of the statements below, decide if the statement is a thought, a feeling or a behaviour.

|                                 |                           |                             |
|---------------------------------|---------------------------|-----------------------------|
| Being frustrated about homework | Arguing with your parents | Being nervous about a test. |
| <i>Feeling</i>                  |                           |                             |

|  |                         |  |
|--|-------------------------|--|
| Cheering when your favourite team wins | Singing along to a song | Being sad after seeing a social media post |
|  |                         |  |

|   |  |                      |
|---|--|----------------------|
| Worrying that your friends are upset at you | Being disappointed when your friends make a hurtful joke | Texting your friends |
|   |  |                      |

|                                 |                                  |  |
|---------------------------------|----------------------------------|--|
| Leaving your homework at school | Deciding that homework is stupid | Worrying about having so much homework |
|                                 |                                  |  |

|  |  |   |
|--|--|---|
| Imaging the fun things you will do a school trip | Being excited when you go on a school trip | Making a list of things you need for your school trip |
|  |  |   |

|                     |                                    |   |
|---------------------|------------------------------------|---|
| Studying for a test | Skiping class when you have a test | Telling yourself that you will probably fail a test |
|                     |                                    |   |


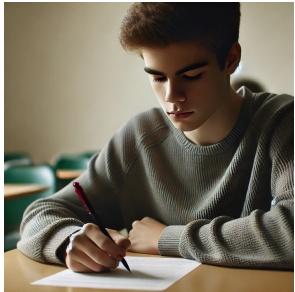





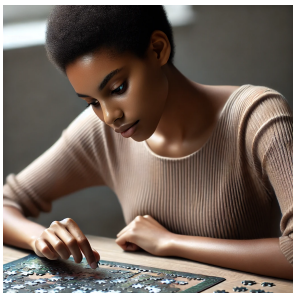
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## Activity 2

Identify whether each item is a thought, feeling or behaviour. Some possible answers for the first are given.

For each of the images below, try to label what the individual might be thinking, feeling and doing.

|   |   |  |   |
|---|---|--|---|
| For each image, what might the person be thinking, feeling and doing? |  |  |  |
| Thought   | <i>I wonder what this is</i>  |  |   |
| Feeling   | <i>Anticipation</i>   |  |   |
| Behaviour   | <i>Holding/Opening a gift</i>   |  |   |

|   |   |  |   |
|---|---|--|---|
| For each image, what might the person be thinking, feeling and doing? |  |  |  |
| Thought   |   |  |   |
| Feeling   |   |  |   |
| Behaviour   |   |  |   |