



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

Imagining 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	Skipping class when you have a test	Telling yourself that you will probably fail a test

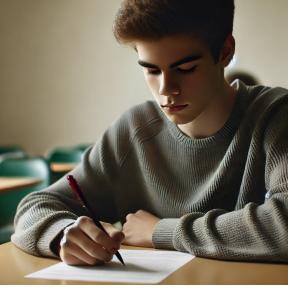


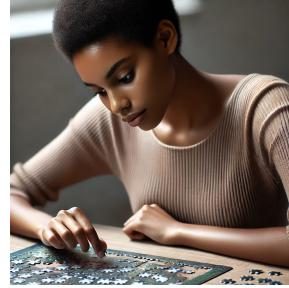
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Activity 2

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>Anticiaption</i>		
Behaviour	<i>Holding/Opening a gift</i>		

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