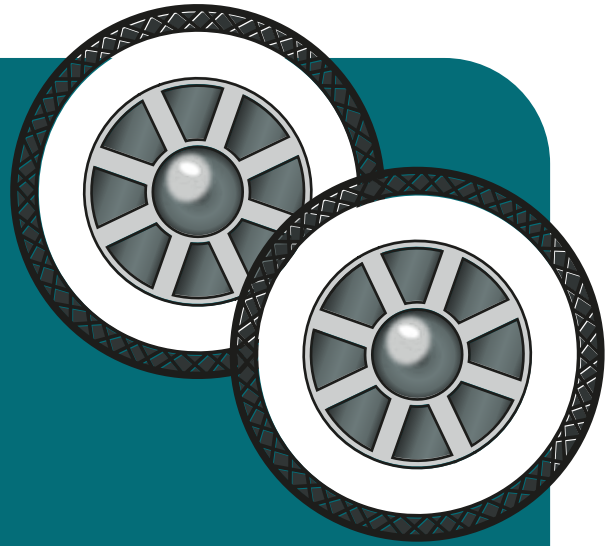


Section 3

Activity: Which wheel is it? Answer sheet



Thinking words

Doing words

Feeling words

Body signals
words

Scenario 1

Charlie sat looking at the screen, waiting for the game to load.

Charlie's heart started beating faster. Charlie was excited.

Charlie had been practicing for this game for several weeks. Feeling confident, Charlie smiled and thought ". I can't wait to show everyone how good I am".

As the game started Charlie's fingers moved quickly over the handset, listening and speaking to friends through the headset.

They were doing really well, but Charlie's fingers were starting to ache and feel a bit sweaty. Charlie started feeling frustrated.

"This is a great game, but don't want to let everyone down" thought Charlie.

Thinking words

Doing words

Feeling words

Body signals words

Scenario 2

Sam sat on the bus laughing, while watching the videos friends had uploaded. As well as making Sam laugh, watching the latest creation always made Sam feel connected and part of wider community.

Sam's gut ached from laughing. "These videos are great" thought Sam, "I need to make sure my next one gets just as many likes".

Sam types a few messages of support, liking the videos already uploaded.

Sam's eyes hurt getting off the bus. "Probably from looking at my screen too much" thinks Sam. Sam puts away the phone to walk home.

Sam starts thinking about how to make the next video. There's a tingling sensation in Sam's head. Sam feels excited but also a little bit anxious.

Naming your different behaviours

Well done!

In this activity you named the different behaviours – thinking, doing, feeling, body signals.

Whatever you do, all four wheels are involved.

Which wheel is driving the car?

Did you notice how some of the behaviours followed on from each other?

Like the wheels of a car, if one wheel changes direction or speed, the others follow.

Let's take a look at the scenarios again.

Thinking words

Doing words

Feeling words

Body signals words

Scenario 1

'Charlie **sat looking at the screen**, waiting for the game to load.

Charlie's heart started beating faster.
Charlie was **excited.**'

The anticipation of waiting for the game to begin, makes Charlie's heart start beating faster, which leads to Charlie feeling excited.

What Charlie is **doing** leads to a change in Charlie's **body** which leads to a change in **feeling**.

'Charlie had been practicing for this game for several weeks. Feeling **confident**, **Charlie smiled** and thought "I can't wait to show everyone how good I am".'

Charlie has prepared for this game, which helped Charlie feel confident. That confidence makes Charlie smile and think about showing off the new skills.

What Charlie is **feeling** leads to a change in **body signals** which leads to a **new thought**.

Scenario 2

'Sam **sat on the bus laughing**, while **watching the videos** friends had uploaded. As well as making Sam laugh, watching the latest creation always helped Sam feel **connected and part of wider community**. Sam's **gut ached** from laughing.

Sam is laughing and watching videos which helps Sam feel connected to friends. It also makes Sam's gut ache because of the laughing.

What Sam is **doing** leads to a change in **feeling** and a change in **body** signals.

'Sam starts **thinking** about how to make the next video. There's a **tingling sensation** in Sam's head. Sam feels **excited** but also a little bit **anxious**.'

With the phone away, Sam starts thinking about the new video. The tingling sensation says to Sam that she feels both excited and anxious.

What Sam is **thinking** leads to a change in **body** signal, which leads to new **feelings**.