PSHE

Use the scenario cards to complete the table about what you would be thinking and how you would be feeling. As an extension, see if you can add in two of your own scenarios.

Cognitive Triangle Scenario Cards

Your football team are in the finals against the reigning champions.

How would you feel?
What would you be thinking?

Cognitive Triangle Scenario Cards

You have been left out of a game at playtime and one person in particular has been quite mean.

How would you feel?
What would you be thinking?

Cognitive Triangle Scenario Cards

There is an important maths test today and you have been finding the lessons very tricky recently.

How would you feel?
What would you be thinking?

PSHE

Use the scenario cards to complete the table about what you would be thinking and how you would be feeling. As an extension, see if you can add in two of your own scenarios.

Scenario	Thoughts	Feelings
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