




★ WALT: understand the difference between thoughts and feelings.


# PSHE



What is meant by the word 'feelings'?



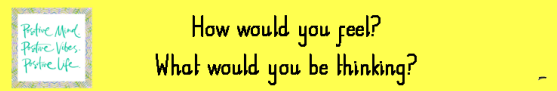
What is meant by the word 'thoughts'?



Cognitive Triangle Scenario Cards

**It is your birthday on a school day and there isn't time to open all your presents before school.**

How would you feel?  
What would you be thinking?



Cognitive Triangle Scenario Cards

**It is the first session of Cooking Club after school today and you have never been before.**

How would you feel?  
What would you be thinking?



Thoughts and Feelings

WALT: understand the difference between thoughts and feelings.

Scenario	Thoughts	Feelings

Use the next scenarios to complete this table for what you would be thinking and how you

