

THOUGHTS, FEELINGS, AND... ACTION!

What are thoughts? Thoughts are the ideas we have in our heads (what our brains tell us). Sometimes we say things to ourselves in our heads (not out loud), and these are also thoughts. For example, you might think, "I did a great job on my homework." Can you think of some other thoughts?

What are feelings? Feelings are the emotions and sensations we have in our bodies and hearts (you already know a lot about feelings!). What are some feelings you know about?

What are actions? Actions are the things we do with our bodies! For example, we walk, dance, talk, draw, laugh, cry, etc. Can you name some other actions?

Thoughts, Feelings, and Actions Game

This is a game to help you learn the difference between thoughts, feelings, and actions. Put a blue X next to the items that are thoughts. Put a green X next to the items that are feelings. Put a red X next to items that are actions.

HAPPY
RUNNING
I'M SMART!
HITTING
THEY DON'T LIKE ME
SAD
PLAYING
MAD
I CAN DO IT!
IT'S MY FAULT
WORRIED
HIDING
CRYING

SINGING
LONELY
SHE'S MAD AT ME
EATING ICE CREAM
TAKING A WALK
EXCITED
I'LL BE OK
SCARED
TAKING A DEEP BREATH
HOPPING ON ONE FOOT
BRAVE
TALKING TO A FRIEND
SAFE