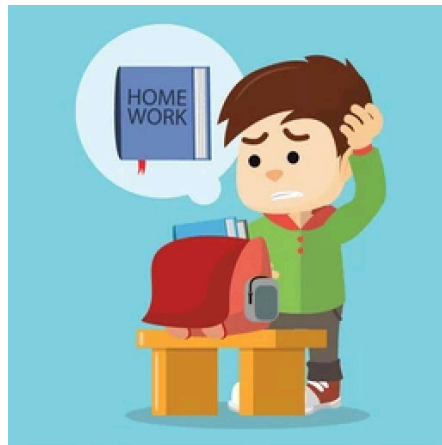


# SOCIO-EMOTIONAL WELL-BEING

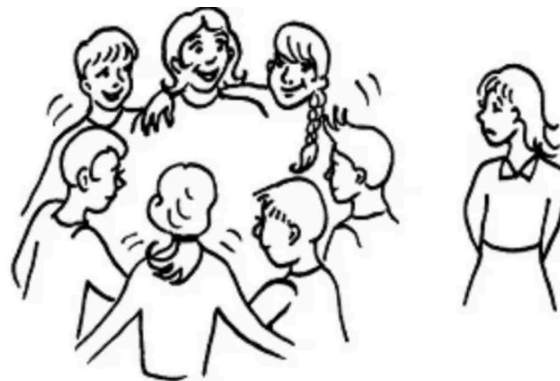
## Student's Worksheets: GRADE 7 - Lesson 3

Choose one scenario from the following and complete the Feeling- Thought-Action Chart

*Scenario 1: You come to school and remember you did not bring your homework.*



*Scenario 2: During break time, your best friend is playing with another classmate, not with you.*



*Scenario 3: Your teacher gives you a prize because you did something very well.*



*Scenario 4: You drop your water bottle, and water goes all over your desk.*



*Scenario 5: The teacher says your name and asks you to answer a question in front of the class.*



Complete the **Feeling-Thought-Action Chart**

Feeling	Thought Write your thought here	Action Draw your action or write it here