

## 2 Quiz Activity Plan



*This activity is a side. It is paper based could be used in a classroom situation.*

### Activity 2.1



Make sure everyone has a pen and hand around the quiz.

Explain that there is a theory that everything we feel is because of what we think. Cognitive behavioural therapy, which is the most popular form of counselling in the NHS is based on this theory. Whether or not this is true, we can be certain that how we think influences the way we feel.

This means that we can change how we feel by consciously changing the thoughts we have.

#### Resources

- Quiz

### Activity 2.2



Ask everyone to complete the last column of the quiz, by saying what feelings they would expect to have in this situation.

There are no right or wrong answers. One person's sad is another person's angry.

Explain that the final row is empty so that they can add their own story if they want to.

There are also two blank tables on the last page if they would like to suggest scenarios.

#### Learning outcomes

- Thoughts and feelings are connected and we can change our thoughts
- Aware of and able to name feelings
- Able to manage emotions through 'self talk'