ROLLERCOASTER RIDE

DID YOU KNOW?

- You can feel more than one emotion at the same time.
- The strength of your emotions can be high or low, or somewhere in between.
- How you feel can affect how you think and behave. It's OK to feel negative emotions. It's how you deal with these emotions that is important.
- You can use positive self-talk to help you deal with negative emotions.

HERE'S AN

Situation

You win a ticket to ride the biggest rollercoaster in the world

Emotion

You feel very scared (high intensity)

Self-talk

"I might die!"
"I always get sick

on rides."

Behaviour

You give your ticket to a friend.

You feel a bit worried (low intensity)



"It's OK to feel a bit worried about something I have never tried." You tell your friend that you're feeling a bit worried but still go on the ride.

Self-talk

is your inner voice.
Positive self-talk is like having a positive voice inside your head.

Situation



Put a cross (*) on the line where you think your emotions would be in the following situations.

It's a stormy night and you're home alone and the power goes out

LOW

HIGH

You make the interschool team

LOW

HIGH

You have to give a presentation to your class

LOW

HIGH

How do you think you would feel in this situation? What positive self-talk could you use to manage

could you use to manage your emotions and behave in an OK way?

🔦 Emotic



Self-talk

at school.

What could you say to yourself to manage your feelings?



You were at a party. Your friend

took a photo of you vomiting after

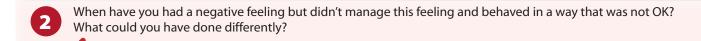
online. People are talking about you

drinking too much and posted it

Behaviour

What could you do or say to help the situation?

When have you had a negative feeling and used positive self-talk to help you behave in a way that was OK?



Why do you think using positive self-talk when you have negative feelings can help you get along with your family and friends?

