

# ROLLERCOASTER RIDE

## DID YOU KNOW?

- 1 You can feel more than one emotion at the same time.
- 2 The strength of your emotions can be high or low, or somewhere in between.
- 3 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.
- 4 You can use positive self-talk to help you deal with negative emotions.

## HERE'S AN EXAMPLE

### 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.



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 your emotions and behave in an OK way?

### Situation

You were at a party. Your friend took a photo of you vomiting after drinking too much and posted it online. People are talking about you at school.



### Emotion



### Self-talk

What could you say to yourself to manage your feelings?



### Behaviour

What could you do or say to help the situation?

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



- 2 When have you had a negative feeling but didn't manage this feeling and behaved in a way that was not OK? What could you have done differently?



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

