

# PowerMind – Unit 01 Lesson 01

## How Our Minds Work

### lesson worksheet

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## 1. The Three Parts of the Mind

Draw a line to match each mind part to its job.

**Idea Factory (Thinking)**

→ makes ideas and plans

**Messenger (Feeling)**

→ sends messages using feelings

**Action Player (Doing)**

→ shows actions that people can see

👉 **When finished:**

Do this on your own first.

Then your teacher will tell you to **check your matches with your group and agree on all three.**

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## 2. Which Part Is Working?

Look at each example.

Tick **one** box.

Example	Thinking	Feeling	Doing
Planning what game to play	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feeling scared in a storm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walking to your lunch bag	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Laughing with a friend	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

👉 **When finished:**

Work in pairs.

Then your teacher will ask your **group to compare answers and choose one answer for each row.**

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## 3. What Can We See?

Read the situation.

A child is sitting quietly and then stands up and walks to their bag.

Circle the answers.

1. What can we **see**?  
 Thinking    Feeling    Doing
2. What can we **not see**, but can guess?  
 Thinking    Feeling    Doing

👉 **When finished:**

Your group agrees on the answers.

Your teacher may ask **one group to share** what they circled and why.

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## 4. What Changed?

Look at the pictures your teacher shows.

**Before:**

The child is sitting still.

**After:**

The child walks to the lunch bag.

Circle **one**.

What changed first?

Thinking    Feeling    Doing

👉 **When finished:**

Talk as a group about your choice.

Your teacher may stop the class and ask, "**What made you choose that?**"

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## 5. Talk Together

Your group agrees on **one answer**.

When someone walks to their lunch bag, what else might change?

Tick one:

- Their thinking
- Their feeling
- Both

👉 **When finished:**

Choose **one person** in your group to share your answer with the class **if the teacher asks**.

# PowerMind – Unit 01 Lesson 02

## Thinking: Our Idea Factory

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### 1. Thinking Is Working (Even When We're Still)

Look at the picture your teacher shows.

Tick YES or NO.

Question	YES	NO
Is the body moving?	<input type="checkbox"/>	<input type="checkbox"/>
Is the Idea Factory working?	<input type="checkbox"/>	<input type="checkbox"/>

👉 When finished:

Work on your own first.

Then your teacher will tell you to **check your answers with your group**.

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### 2. Thinking Job Match

Draw a line to match each **thinking job** to the best example.

#### REMEMBERING

→ thinking about yesterday

#### IMAGINING

→ picturing a flying elephant

#### PLANNING

→ deciding what to do first

#### PROBLEM-SOLVING

→ fixing something that went wrong

#### DECIDING

→ choosing between two things

👉 When finished:

Compare your matches with a partner.

Then your teacher will ask your group to **agree on all five**.

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### 3. Which Thinking Job Is This?

Look at each situation.

Circle **one** thinking job.

1. You can't find your shoe.

REMEMBERING   IMAGINING   PLANNING   PROBLEM-SOLVING   DECIDING

2. You think about summer holidays.

REMEMBERING   IMAGINING   PLANNING   PROBLEM-SOLVING   DECIDING

3. You choose a red crayon or a blue crayon.

REMEMBERING IMAGINING PLANNING PROBLEM-SOLVING DECIDING

👉 **When finished:**

Your group will **check answers together**.

Your teacher may ask **one group to share** how they decided.

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## 4. Thinking Before Doing

Read the situation.

Your pencil breaks during your work.

Number the steps in the order they happen.

- You fix or replace the pencil
- You think about what to do
- You notice there is a problem

👉 **When finished:**

Work in pairs.

Then your teacher will tell you to **explain the order to your group**.

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## 5. Talk Together

Your group agrees on **one answer**.

Two children are different.

One likes quiet to think.

One likes moving to think.

Circle one:

- Both Idea Factories are working the same
- Both Idea Factories are working, but in different ways

👉 **When finished:**

Your teacher will choose **one group** to tell the class what they decided and why.

# PowerMind – Unit 01 Lesson 03

## Feeling: Our Mind's Messenger

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### 1. Something Is Wrong! (Error Spotting)

Look at the sentence below.

“Feeling scared means something good is happening.”

Is this **right** or **wrong**?

- Right
- Wrong

If it is wrong, circle the better answer:

- Feeling scared tells me
  - something might be dangerous
  - something fun is happening

👉 **When finished:**

Work on your own first.

Then your teacher will tell your group to **agree if it is right or wrong and why**.

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### 2. Same Situation, Different Feelings

Read the situation.

Two children hear loud thunder.

Circle **one feeling** for each child.

**Child A:**

Scared   Excited   Calm

**Child B:**

Scared   Excited   Calm

👉 **When finished:**

Compare answers with a partner.

Then your teacher will ask your **group to decide if both answers can be correct**.

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### 3. Where Does the Messenger Talk?

Look at the body picture your teacher shows.

Draw **one circle** to show where you might feel:

- **Nervous**
- **Excited**

(Only one circle for each.)

👉 **When finished:**

Show your circles to your group.

Your teacher may ask **one group** to show where they circled and explain.

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## 4. What Can We See?

Read the situation.

A child is frowning, arms crossed, and feet stomping.

Circle the answers.

- What can we **see**?  
 Thinking    Feeling    Doing
- What might we **guess**?  
 Thinking    Feeling    Doing

👉 **When finished:**

Your group agrees on the answers.

Your teacher may ask, “**What clues helped you guess?**”

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## 5. Choose the Best Message (Team Challenge)

Read each situation.

Tick **one** message.

1. Your favourite toy breaks.  
 Warning / danger  
 Something important is hurt or gone  
 Something good is happening
2. Someone cuts in front of you in line.  
 Something feels unfair  
 Something good is happening  
 Something is dangerous

👉 **When finished:**

Split your group into **two teams**.

Each team checks one question.

Your teacher may ask **which team was correct and how they know**.

# PowerMind – Unit 01 Lesson 04

## Doing: Our Action Player & Loop Power

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### 1. What Can the Action Player Do? (Fast Sort)

Look at the actions below.

Tick **YES** or **NO**.

Action	Is this Doing?
Talking	<input type="checkbox"/> YES <input type="checkbox"/> NO
Thinking quietly	<input type="checkbox"/> YES <input type="checkbox"/> NO
Smiling	<input type="checkbox"/> YES <input type="checkbox"/> NO
Choosing to wait	<input type="checkbox"/> YES <input type="checkbox"/> NO
Feeling nervous	<input type="checkbox"/> YES <input type="checkbox"/> NO

 **When finished:**

Do this on your own first.

Then your teacher will tell your **group** to check answers quickly and agree.

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### 2. Team Challenge: Which Action Helps?

Split your group into **Team A** and **Team B**.

Read the situation.

You feel nervous before reading out loud.

Circle the **best action**.

- Hide under the desk
- Take a deep breath and stand tall
- Do nothing and stay frozen

 **When finished:**

- **Team A** explains why their choice helps
- **Team B** listens and decides if they agree

Your teacher may ask **which team convinced the group**.

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### 3. Draw the Loop (Quick Draw)

Draw **arrows only** (no words).

FEEL NERVOUS      DO ACTION      FEEL CALMER

Draw arrows to show what changes what.

 **When finished:**

Work as a group to **check everyone's arrows**.

Your teacher may stop the class and ask **one group to show their arrows**.

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## 4. Something Is Wrong! (Error Spotting)

Look at the picture your teacher shows.

The picture says:

“Feeling angry made the child yell, and yelling can never change feelings.”

Is this **right** or **wrong**?

- Right
- Wrong

If it is wrong, circle the better answer:

- Actions can sometimes change feelings
- Actions never change feelings

👉 **When finished:**

Your group agrees on the answer.

Your teacher may ask, “**What part of the loop is missing?**”

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## 5. Final Team Race: Which Loop Works?

Your teacher will read two short stories.

Story 1:

A child feels worried → takes slow breaths → feels calmer

Story 2:

A child feels worried → worries more → feels worse

**Team A:** Circle the loop that helps

**Team B:** Circle the loop that does not help

- Story 1
- Story 2

👉 **When finished:**

Each team explains their choice.

Your teacher may ask the class, “**Which action changed the loop?**”