

PowerMind – Unit 01 Lesson 03

Feeling: Our Mind's Messenger

lesson worksheet

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**.

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**.

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.

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?**”

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**.