

PowerMind – Unit 01 Lesson 04

Doing: Our Action Player & Loop Power

lesson worksheet

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**.

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**.

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?**”

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?**”