

Thoughts, feelings and behaviours

- cut out the pictures along the dotted lines
- arrange them into what you think is
 - a feeling
 - a thought
 - what people do



angry



eating lunch



cooking



I will do it all wrong



happy



going to the day centre



this is really good



staying at home alone



sad



people don't like me



sleep



no one will want to be my friend



having a shower



worried



scared