

## Section 3

# Activity: Which wheel is it?



Now it's time to practice naming the four behaviours – thinking, doing, feeling and body signals.

Remember, behaviour is made up of all four parts – thinking, doing, feeling and body signals. Just like the wheels of a car.

The back wheels give you important signals about what you are experiencing and how your body is responding.

The front wheels help you to control what you do and how you think.

Read the following scenarios.

In each scenario you will see the behaviour words highlighted.

Draw an arrow from each highlighted section to the correct wheel.

### Scenario 1

Charlie sat looking at the screen, waiting for the game to load.

Charlie's heart started beating faster. Charlie was excited.

Charlie had been practicing for this game for several weeks. Feeling confident, Charlie smiled and thought "I can't wait to show everyone how good I am".

As the game started Charlie's fingers moved quickly over the handset, listening and speaking to friends through the headset.

They were doing really well, but Charlie's fingers were starting to ache and feel a bit sweaty. Charlie started feeling frustrated.

"This is a great game, but don't want to let everyone down" thought Charlie.

Thinking words

Feeling words

Doing words

Body signals words

Thinking words

Doing words

Feeling words

Body signals  
words

## Scenario 2

Sam sat on the bus laughing, while watching the videos friends had uploaded. As well as making Sam laugh, watching the latest creation always made Sam feel connected and part of wider community.

Sam's gut ached from laughing. "These videos are great" thought Sam, "I need to make sure my next one gets just as many likes".

Sam types a few messages of support, liking the videos already uploaded.

Sam's eyes hurt getting off the bus. "Probably from looking at my screen too much" thinks Sam. Sam puts away the phone to walk home.

Sam starts thinking about how to make the next video. There's a tingling sensation in Sam's head. Sam feels excited but also a little bit anxious.

## Naming your different behaviours

### Well done!

In this activity you named the different behaviours – thinking, doing, feeling, body signals.

Whatever you do, all four wheels are involved.