Breaking Down The Situation

**Objective/Goal**
Students will understand the differences and connection between thoughts, feelings, and behavior. Aid in student self-awareness.

**Warm Up/**
Begin by clarifying with students the difference between thoughts, feelings, and behaviors.
Thoughts: Your internal summary or prediction about a situation or event.
Feelings: One word summaries of internal emotional states. Behaviors: Can be both inward (invisible) and outward (observable).

**Main Activity**
Ask students to come up with an experience that happened to them recently, in which they felt sad, stressed, worried, anxious, etc. Then, reflecting on that situation or event, map out their thoughts, feelings, and behaviors using the Situation worksheet.

**Wrap Up/Reflection**

**Materials**
Situation Worksheet

**Activity Title**
Breaking Down The Situation

**Virtual Activity**
Yes

**Theme**
Mental Health

**Grade Level**
High School

**Time**
30 minutes

**Activity #of#**
1 of 1

**Activity Link**
https://classroommentalhealth.org/exercise
## MASP Activity Plan

### Reflection
A follow up discussion can generate more insight about the source of the thoughts, more constructive coping behaviors, etc.

### Feedback/

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**Note:**

- For a comprehensive understanding, refer to the full document. The image only provides a snapshot of the content.