

MASP Activity Plan

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| Activity Title | Breaking Down The Situation | Virtual Activity | <input checked="" type="checkbox"/> Yes <input checked="" type="checkbox"/> No |
| Theme | Grade Level | Time | Activity #of# |
| Mental Health | High School | 30 minutes | 1 of 1 |
| Objective/Goal | Students will understand the differences and connection between thoughts, feelings and behavior. Aid in student self-awareness. | | |
| Activity Link | Materials | | |
| https://classroommentalhealth.org/exercise | Situation Worksheet | | |
| 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 | | | |

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Reflection

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

Feedback/