

# We all behave because of how we feel (1)

Group activity worksheet



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**Written by teachers for teachers**

# We all behave because of how we feel (1)

The purpose of this activity is to understand that we all behave because of how we feel.

## Action

1. Show Resource 1 and read the story about Kim. Discuss as a class.
2. In groups of 3-4, make a list of incidents:
  - Where one of the group has behaved in a certain way because of how they were feeling.
  - Where the group can see how someone else behaved in a certain way because of how they were feeling.
  - Where they don't understand someone else's behaviour but they can have a guess at how they might have been feeling in order to behave like that.

Discuss these as a class, taking examples from different groups.

At the end of the session it will be clear that *'We all behave because of how we feel'*. This is true for all behaviours, from good to bad to everything in between.

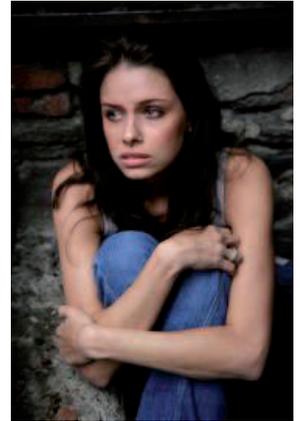
# We all behave because of how we feel (1) *continued*

## Resource 1

### Kim's Story

At school, I had a friend named Kim. She was essentially a nice person but, as the year progressed, it became more and more difficult to get along with her. She was easily offended and often felt left out. It got to the point where my friends and I found her annoying and were phoning her less and less.

I was away for part of the summer that year. When I returned I was talking to a good friend of mine, catching up on all the news. She was telling me about all the gossip, who was going out with whom and so on, when suddenly she said, *"Oh, did I tell you about Kim? She's been having a rough time because her parents are going through a messy divorce. She's taking it really hard."*



When I heard this, I suddenly saw things differently. Rather than being annoyed by Kim's behaviour, I felt terrible about my own. I felt I had deserted her when she needed me. Just by knowing that one little bit of information, I understood why she had been behaving differently. My whole attitude towards her