

We all behave because of how we feel (2)

Group activity worksheet



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Written by teachers for teachers

We all behave because of how we feel (2)

You will need:

- To sit students in pairs.

The purpose of this activity is to explore how we all act because of how we are feeling.



Action:

Read the story below; it is a true story, only the names have been changed.

On 3rd April, Hayley White was sent out of a lesson for being rude and argumentative. This was not the first time this had happened and so she was sent to the headteacher. The head decided that enough was enough and said Hayley was to be excluded for 2 days for repeatedly refusing to accept the discipline of the school.

When she was told what was going to happen, Hayley threw a chair at the headteacher. It narrowly missed him and smashed the window behind.

Physical assault of any teacher is very serious; within days Hayley's case came up before the governors and she was expelled. No governing body could allow someone who was a threat to the safety of the head of their school to remain a student there.

This evidence alone leads us to believe that Hayley is a bad person.

We all behave because of how we feel (2) *continued*

However, few people were aware of what had happened earlier that morning or, indeed, the complexities of Hayley's home life.

Hayley's parents meant well but found relationships difficult. They loved their eldest child but she was hard work. She had had colic as a baby and didn't sleep well at night. When her little brother Tom was born Hayley's parents were delighted. He turned out to be a model baby and soon shone as the "good" one while Hayley slipped into the role of the "bad" one. Increasingly she found herself pushed to one side and, predictably, began see herself as bad.

The 3rd of April, though, was her birthday and she was excited, as she knew she was getting an iPod that she really wanted. It already had some music downloaded so she could listen to it on the way to school. Her parents had said she could not use it until 8 o'clock.

She was furious to find Tom using the iPod at 7.15. She rushed to her parents, filled with the injustice of Tom using HER brand new iPod on HER birthday when she hadn't even touched it herself.

"Oh, stop making a fuss," said her mum. "Let him play with it." Hayley, overwhelmed with fury, punched her birthday cake that was on the kitchen table and stormed off to school.

The rest is history.

Remember, we all behave because of how we are feeling.

In pairs and then as a class discuss:

1. How was Hayley feeling as she went to school?
2. What Hayley did was understandable but unacceptable. What could she have done to avoid such an extreme outcome?
3. How can we become more aware of what we are feeling?
4. How can we use this awareness to help us avoid attacking other people with our feelings?