

Introduction exercise

The correlation between one's thoughts, emotions, body, and actions

Why is it a good idea to do this exercise?

It can be a good idea to do an exercise that clarifies how one's thoughts, emotions, body and actions are correlated before you start using the teaching resources related to the animated films. The introduction exercise makes it easier for pupils to understand and use the teaching resources. Explain to the pupils that you are going to talk about thoughts, emotions, body and actions.

Emotions

Ask the pupils about the range of different emotions they can experience. Perhaps they mention being happy, sad, angry etc. Explain to them that you are now talking about emotions.

Thoughts

Ask the pupils what kind of thoughts they have when they are feeling happy, sad, angry etc. The pupils might say that they are happy when thinking about going on holiday, sad when thinking about a dog they have lost and angry when thinking of someone that has hurt them. Explain to the pupils that you are now talking about thoughts.

Thoughts and emotions are correlated. When you have happy thoughts you experience happy emotions.

Body

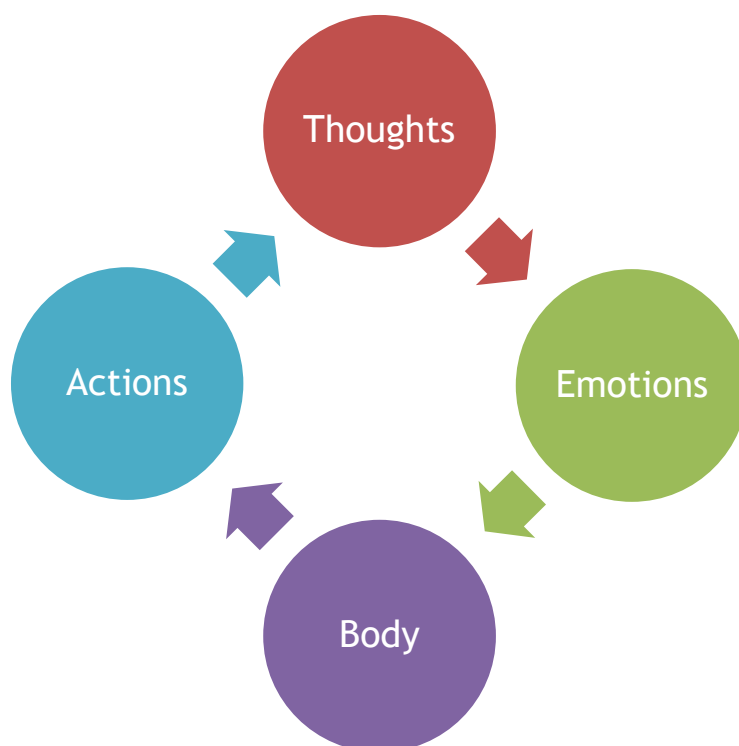
Ask the pupils how they feel the different emotions in their body. For instance, you can ask them if they recognize the feeling of having a stomach ache when they are sad or if they know the feeling of butterflies in the stomach when they are excited about something. Ask the pupils to locate their emotions on a body drawn on paper or use the illustrated bodies in the back of this document. It is important that you underline how the same emotion can be experienced differently in different people and how there are no right or wrong answers.

Actions

Talk to the pupils about how thoughts, emotions, body and actions are correlated. You can use a fictitious example like: "Mette has thoughts about how no one wants to play with her and it makes her stomach ache." You can ask the pupils how they believe it affects Mette in school, in the classroom or during break? Explain to the pupils how thoughts, emotions, body and actions are correlated.

Correlation between thoughts, emotions, body and actions

You can draw the correlation between thoughts, emotions, body and actions or use the following model to illustrate the correlation.



Explain to the pupils how thoughts sometimes appear before emotions – and vice versa. And how you sometimes feel changes in your body before you feel anything else. It is not important what you experience or in what order – the main point is that thoughts, emotions, body and actions are correlated. You can end the exercise with short role-plays showing how thoughts, emotions, body and actions are correlated. The role-plays can for instance be based on the fictitious example about Mette.

