# MindMaster – Unit 1, Lesson 1

## At-Home Reflection Activity: “What Do Psychologists Study?”

**Instructions for Parent/Guardian:**  
This activity is about helping your child think about psychology.

Psychologists study things that we can’t always see—like **thoughts** and **feelings**.

Please read the questions together, talk about them, and let your child write or draw their answers.

### Step 1: Talk Together

Ask your child:

* “Why might psychologists want to study things like thoughts and feelings, even though we can’t see them?”
* Encourage your child to give an example from their own life. (e.g., feeling nervous before a test, feeling happy when seeing a friend).

### Step 2: Student Response

**Question 1:** Write or draw one **thought** you had today.  
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**Question 2:** Write or draw one **feeling** you had today.  
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**Question 3:** Why do you think it is important for psychologists to study thoughts and feelings?  
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### Reflection Reminder

Psychology isn’t only about what we can see on the outside (like actions). It’s also about the invisible world inside our minds—our thoughts and feelings.