# MindMaster – Unit 1, Lesson 2

## At-Home Reflection Activity: “How Do Outside Events Change How We Feel?”

**Instructions for Parent/Guardian:**  
This activity helps your child think about how the world around us (outside events) can change what happens inside (our thoughts and feelings). Read the questions together, talk about them, and let your child write or draw their answers.

### Step 1: Talk Together

Ask your child:

* “Can you remember a time when something happened outside of you—like a noise, a joke, or a surprise—that changed how you felt inside?”
* Share an example of your own, too, so your child sees how this happens to everyone.

### Step 2: Student Response

**Question 1:** Write or draw one event that happened to you recently.  
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**Question 2:** How did this event make you feel?  
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**Question 3:** What did you do after you felt that way?  
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**Question 4:** Can the same event make different people feel different things? (For example, some kids laugh at clowns, others feel scared.)  
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### Step 3: Parent Note

Parent/Guardian, please add a short note about your child’s example and discussion:  
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### Reflection Reminder

Psychology studies the link between the **outside world** (events we can see and hear) and the **inside world** (our feelings, thoughts, and actions).