# MindMaster – Unit 1, Lesson 3

## At-Home Reflection Activity: “Think → Feel → Act”

**Instructions for Parent/Guardian:**  
This activity helps your child understand how **thoughts**, **feelings**, and **actions** are connected. Psychologists call this the “Think → Feel → Act” triangle. 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 think of a time when what you thought changed the way you felt, and that changed what you did?”
* Share your own example (for example: “I thought I could finish my work on time, so I felt calm, and I acted by working slowly and carefully.”).

### Step 2: Student Response

**Question 1:** Write or draw one thought you had today.  
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**Question 2:** How did that thought make you feel?  
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**Question 3:** What did you do (action) because of that feeling?  
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**Question 4:** Can the same thought make two different people feel different ways? Explain or give an example.  
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### Step 3: Parent Note

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

Our **thoughts** can change our **feelings**, and together they shape our **actions**. By noticing this triangle, we can understand our own behavior better.