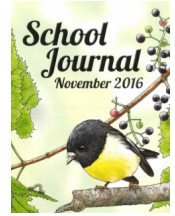


Lost in the Bush



#1. Emotions

Ask yourself, **how do I feel** about this event?



#2. The Kick Off

Ask yourself, **what happened** that made me feel like this?



#3. Action Plan

Ask yourself, **what can I do** to help achieve the outcome I would like?

o Read the graphic story to the bottom of page 4.

What is the Kick Off? _____

o Read to the bottom of page 6.

Judging by their responses, how are each of the students feeling? (Careful to not describe what they do, we want to guess their EMOTIONS)

Fatu - _____

Sekola - _____

Mele - _____

PK - _____

o Read pages 7 and 8.

The students have worked together to make an action plan. At the top of page 8 though, we have another Kick Off. They have to WAIT! Judging their responses describe how each of them are feeling now.

Mele - _____

Fatu - _____

PK - _____

Sekola - _____

o Read the rest of the story.

Who do you think showed the BEST self control? Give reasons for your answer.

On the back of this sheet, explain what could have happened if no-one had Self-Control.