

DIAMOND CONNECTIONS

Hi. It's me, **PANDY**, the Mouse-in-in-the-House. I want to tell you about the way your thoughts, feelings, actions, and body work together.

Whenever you are scared or sad, your **feelings change**. You might feel worried, terrified, anxious, down, blue, or depressed. See if you can list some **feeling words** you use.

Scared words	Sad Words

You may have some changes in your body when you are scared and sad. Your stomach might get upset, you have headaches, you sweat a lot even when it is not hot, you get dizzy, or you have trouble sleeping. List some changes you notice in your **body**.

How my body is when I am scared	How my body is when I am sad

There are things you do when you are scared and sad. Sometimes when you are sad, you don't have as much fun doing the things you used to like, you give up on things faster, or you get into more fights with family and friends. When you are scared, you might have more nightmares or bad dreams, you may become more shy around other people, or stay away from things that scare you like school or dogs or elevators. See if you can list some of the things you do when you are **scared** and **sad**.

Things I do when I am scared	Things I do when I am sad

There are things you say to yourself when you are scared or sad. These things are called your **thoughts**. Your **thoughts** might be things like, “I’m ugly. I’m no good. I’ll never feel like I fit in. All the kids will think I’m weird. Being in school is scary. I’m going to embarrass myself.” List some **thoughts** you have.

Thoughts I have when I am scared	Thoughts I have when I am sad

These **thoughts, feelings, actions,** and **body** changes all happen together. They are connected in kind of a diamond shape. Here’s how it looks.

