

in partnership with



WORLD CHILDREN'S DAY



Title: TFA SITUATIONS

Goal:

Learn more about your own feelings, thoughts, and actions... how those help you... and how you could change those if you wanted to.



Intro:

Explore how you usually think, feel, and act... and find more choices of how you could think, feel, and act in the future.

Resources:

Scissors
Tape/Glue/Adhesive
TFA Situations Handout
TFA Playmat

Instructions:

On the table there is a collection of "Situation Cards." You can either pick a situation that you've experienced recently... or write down your own on a blank card.

On the table there are slips of paper with Thoughts (T), Feelings (F), and Actions (A).

Remember being in the middle of that situation and...

... pick 1-2 of the "Thoughts" slips that match what you were thinking.

... pick 1-2 of the "Feelings" slips that match what you were feeling.

... pick 1-2 of the "Actions" slips that match what you did.

Note: There are blank slips if you prefer to write your own Thoughts, Feelings, or Actions.

Discussion:

Find another person who made a TFA Situation and discuss: How did you feel making yours?

If you were in a similar situation again, would you like to use the same TFAs? Why or why not?

How did you feel giving someone else an idea?



POP-UP FESTIVAL

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Goal:



Intro:

Resources:

Instructions:

Tape your slips to the Situation Card where it says, "My TFAs" — and post it on the wall.
Next, look at someone else's Situation Card on the wall. Do you have a suggestion of a different way they could think about their situation that would be **helpful**? Feel? Act?
Pick a new TFA slip that you'd like to recommend to them, and paste it on their situation where it says, "Other Ways to TFA"
Later, you can come back and see if people have given you ideas of other ways you could TFA in your situation!

Discussion:



POP-UP FESTIVAL