

# Lesson 3 Tornado Zone Year 6 | Activity

Main  
Task

Use your Being Human Dictionary to identify the emotion triggered by each event. Then write down a Tornado Zone thought and try to challenge that thought.

Event	Emotion	Tornado Zone thought	Challenge the thought
1. One of the girls in John's class says, "Look at your shoes. They are so ugly!" Everyone laughs. John falls into the Tornado Zone.			
2. Jameel has spent the whole week looking forward to playing his computer. Finally, Friday arrives. He goes to switch on his computer and it is broken.			
3. Grace comes back after a long day at school. She opens her bedroom door and her younger brother is watching TV with a friend on her bed.			
4. You are told by two different people that Jo - someone who you thought was a friend - is saying nasty things behind your back.			
5.			