

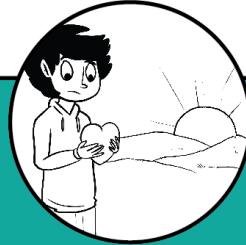
STORIES

THOUGHTS, FEELINGS, & EXPERIENCES



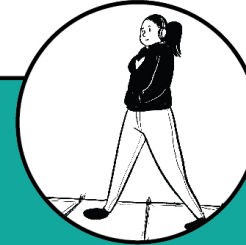
THOUGHTS

Has a friend ever asked for your opinion about a new outfit? Before you answer, you might think to yourself, "That looks terrible!" Or, "That looks nice." These are examples of thoughts. Thoughts are the ideas or opinions that go through our minds.



FEELINGS

Summer days can get extremely hot. When you walk outside, your body may begin to sweat. Sweat is your body's way of responding to heat. If you step outside on a cold winter day, you may get goose bumps and begin to shiver. This is your body's way of responding to the cold. Just like your body responds to different temperatures, your inner feelings change based on the things you have been through.



EXPERIENCES

A family member asks you what you did over the weekend. You tell them, "I went to the store to pick up a few things, stopped by a cookout, and straightened up the house." This is a summary of your experience. Summarize your experiences by briefly describing the things that happened.