

When I do a good piece of work, I feel	When someone thanks me, I feel
When someone praises me, I feel 	When I make a mistake, I feel
When someone smiles at me, I feel	When someone calls me a name I don't like, I feel
When someone won't share, l feel	When I get a surprise present, I feel
When someone I care about is ill, I feel	When no-one will play with me, I feel
If my best friend moved away, I would feel	When a pet dies, I feel
When someone picks on me, I feel	If I am late for school, I feel
When I get my hair cut, I feel	If an adult shouts at me, I feel
When I am in the dinner hall, I feel	If I lose in a game, I feel
At the end of the school day, I feel	If I am invited to a friends house, I feel
When I arrive at school, I feel	If my best friend is not at school, I feel
If I win a game, I feel	When my teacher tells me I have done something well, I feel



Developing Inner Peace

If I woke up at night and heard a scratching noise at my bedroom window, I would feel	When I'm going to see my favourite relation at the weekend, I feel
When I am going somewhere I have never been before, I feel 	When someone says "We want you to join our club", I feel
When someone lets me in the queue in front of them, I feel	If someone explains something to me I don't understand, I feel