

Name: _____

Wise Mind, Reasonable Mind, or Emotion Mind?

Directions: Label each sentence as Wise Mind (WM), Reasonable Mind (RM), or Emotion Mind (EM). How can we change the Reasonable and Emotion Mind scenarios into Wise mind?

1. "This is so unfair! I'm not doing this anymore!"

2. "Crying won't fix anything. Just move on."

3. "I'm upset, but yelling will get me in trouble, so I'll take space."

4. "I feel left out. Maybe I can ask to join or find someone else."

5. "Whatever. I don't care."

6. "She looked at me weird; she must be mad at me."

7. "There is no reason to be upset. It's just a game."

8. "I didn't win, and that's disappointing—but I can still have fun."

9. "I'm fine. Nothing bothers me."

10. "This is hard, but I can try one step at a time."



Group Activity: “Don’t Spill the Beans” (Wise Mind Team Play)

1

**Divide students into groups of 4.
Assign or allow students to form groups.
Within each group, split students into two teams of 2.**

2

**Assign team roles:
Player 1: Carefully adds beans
Player 2: Gives guidance, reminders, or “wise mind”
coaching (e.g., “Go slow,” “Stay calm”)
Students will switch roles each round.**

3

**Explain the goal to the students: Teams will take
turns placing beans into the container without
spilling. The goal is to practice self-control, patience,
and wise mind thinking while playing.**

**Explain gameplay rules to the students: One team
goes at a time, alternating turns between teams.**

4

**During a turn, one student places a bean while their
teammate supports them verbally.**

**If beans spill, the turn ends and the other team goes
next.**

Group Activity: “Don’t Spill the Beans” (Wise Mind Team Play) continued

5

Encourage students to use wise mind strategies during play:

- **Take a deep breath**
- **Move slowly and carefully**
- **Use positive self-talk**
- **Stay calm even if the pot in the middle wobbles**

6

Teacher monitoring & support:

Circulate to each group and prompt students with questions like:

“Was that emotion mind or wise mind?”

“What could you say to help your teammate stay calm?”

3

Wrap-up discussion (after gameplay):

Ask the students questions:

“What helped your team stay in wise mind?”

“What happened when someone rushed or got frustrated?”

“How is this like real-life situations?”

Exit Ticket

Luke studied hard but still got a bad grade and wants to give up.

Circle what type of mind Luke is in:

Emotion Mind

Reasonable Mind

What would wise mind tell Luke to do?
