

Knowledge of Intervention Skills Survey

You are going to be asked a few questions. This is not a test, so you will not get a mark for getting answers right or wrong. Some of the words you might not have heard before, or some of the questions you might not understand. Just give the best answer you can or skip that question and go on to the next.

Name: _____

Class: _____

Put these in the order that they occur. (write the numbers 1, 2, 3 in the boxes)

Feeling

Thought

Action

Imagine you just came third place in a running race

Write ONE helpful thought you could have

Write ONE unhelpful thought you could have

Write two examples of thinking traps (ways that your thoughts can lie to you)

Imagine that you have just done really well at something and you feel like a success.

Which TWO of these reasons are UNHELPFUL?

☐

I am good

☐

It was easy

☐

I tried different strategies

☐

I was lucky

Now imagine that you have just done really badly at something and you feel like a failure.

Which TWO of these reasons are HELPFUL?

- ☐ I gave up too quickly
- ☐ The teacher hates me
- ☐ I was unlucky
- ☐ When I had a problem I didn't ask for help

Why can anxiety be helpful?

Why can anxiety be unhelpful?

When trying to solve a problem, which one of these would be the best way?

- ☐ Do the first thing that you think of
- ☐ Think of different possible solutions then choose the best one
- ☐ Think carefully about one really good solution

Write the names of the three super powers to defeat unhelpful thoughts.

Here is an explanation of one relaxation technique:

Deep Breathing is when you take deep breaths in and out. By breathing slowly and concentrating on your breaths it helps you relax. It sometimes helps to count your breaths, 1 – 2 - 3

Choose one of these relaxation forms and write your own short explanation

- ☐ Muscle Relaxation
 - ☐ Guided Imagery
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