

Fact or Opinion

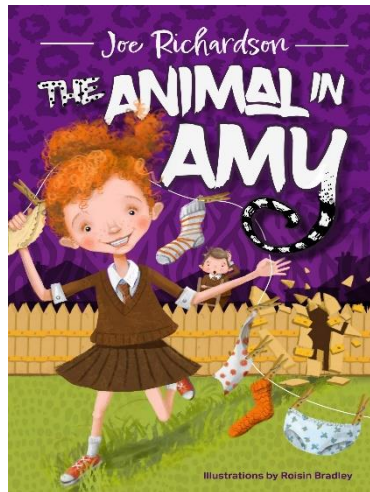
PD & MU

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Life Education



Regulating Emotions

Fact or Opinion

- activities and worksheets

Fact or Opinion

Re-read chapters 11 and 15

Amy employs the skill known as 'Fact or opinion.'

Opinions hold no weight and we shouldn't allow them to determine our mood and change our emotions.

Facts:

Evidence to support its truth

No argument

Driven by rational thought (head)

Opinions:

Based upon our own beliefs

It could change

Driven by emotion (heart)

Fact or Opinion

David hates going to school lately. Another boy keeps picking on him. With every comment the bully makes David can feel the Fizz growing more and more. He has even pretended to be ill, just to avoid school.

Some of the comments the bully has made include:

You've got the worst hair style in our class. r

I have seen a toddler run faster than you. r

You are easily the worst at reading in our school. r

Nobody even likes you. r

Your Mum can't even cook. r

It is difficult but why should David not be affected by these comments?

- It can be difficult to not allow an opinion to dictate your emotional state. Opinions are powerful- whether they are your own or belong to someone else.
- It is important to stay true to who you are. Believe in what you can do. Love yourself. Don't let someone's opinion change your mood or who you are.

Fact or Opinion

Fact or Opinion?

✓ Tick whether you think each sentence is a fact or an opinion:

	Fact	Opinion
The earth is round.		
Paris is in France.		
Coronation Street is the best show onTV.		
Dogs are better than cats.		
An elephant has 4 legs.		
Liverpool is the best football team in England.		
A giraffe has a blue tongue.		
Roald Dahl wrote <i>Charlie and the Chocolate Factory</i> .		

Write:

➤ Two facts about food

➤ Two opinions of food

Fact or Opinion

Case 1

Becky was walking towards the shop as her friend Annie was leaving it. Annie walked past without saying 'hello'. Becky immediately had numerous thoughts,

- she ignored me
- she doesn't want to be my friend anymore

Becky's opinion affected her emotion.

The only fact is that Annie walked past and didn't acknowledge Becky; anything else is an opinion.