



The Bad Wolf or the Good Wolf is fed daily by the choices we make with our thoughts.

What you think about and dwell upon appears in your life and influences your behaviour.

We have a choice

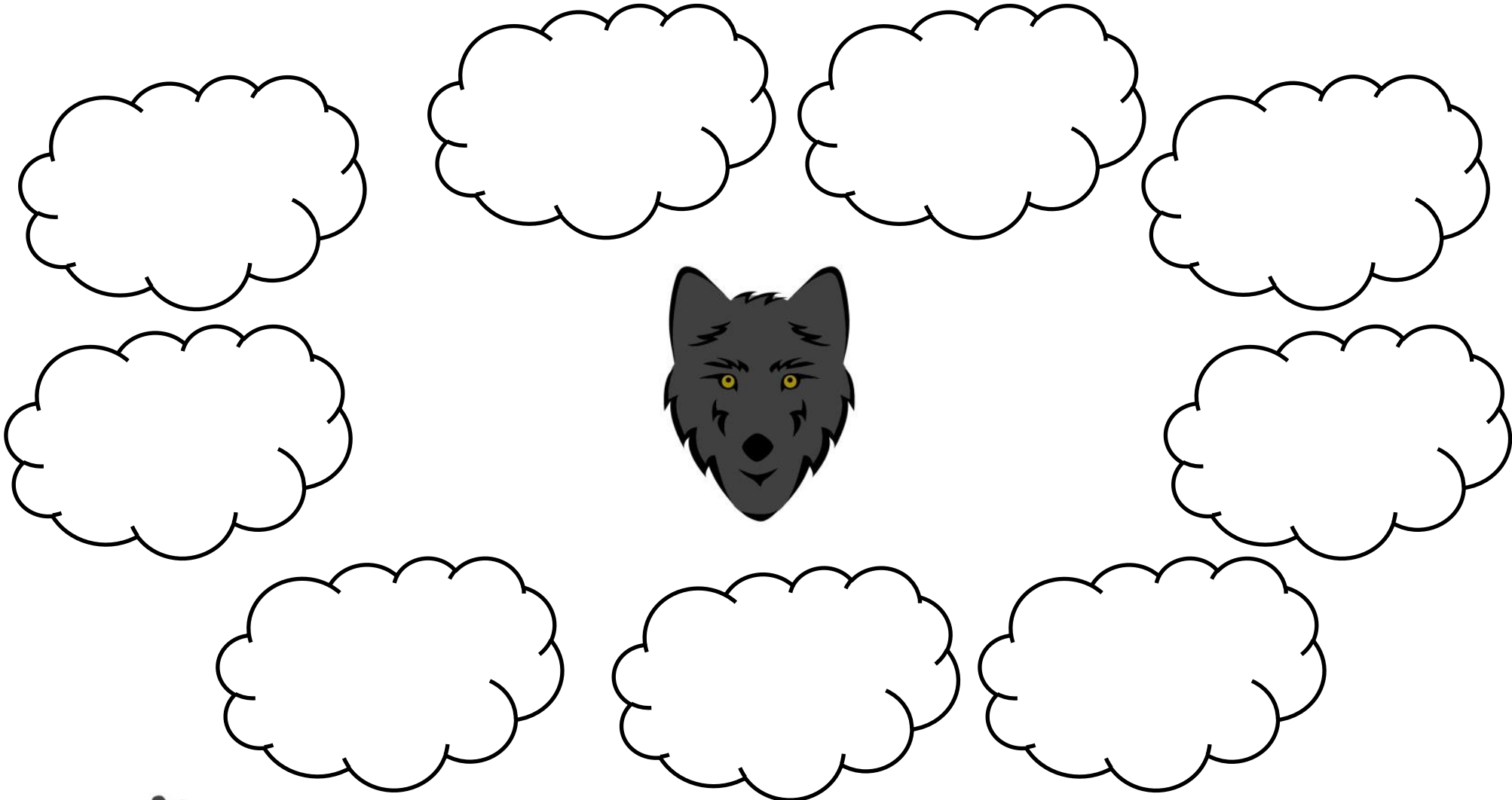
Feed the Good Wolf and it will show up in our character, habits and behaviour positively.

Feed the Bad Wolf and it will show up in our character, habits and behaviour negatively.

The crucial question is “Which are you feeding today”?

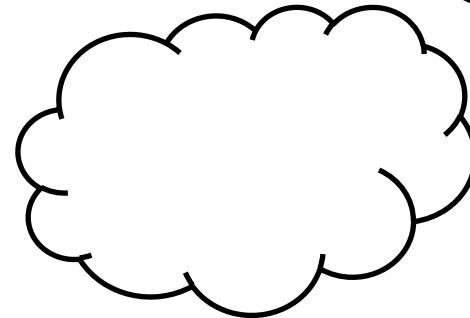
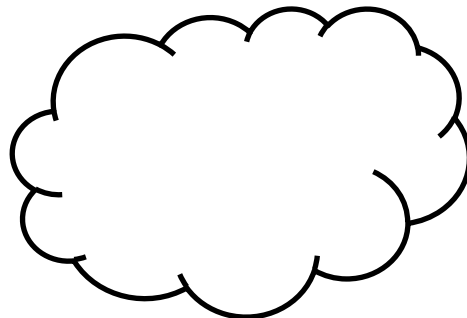
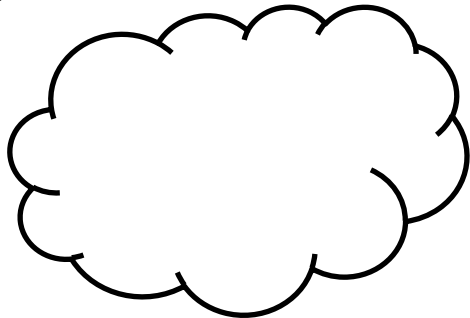
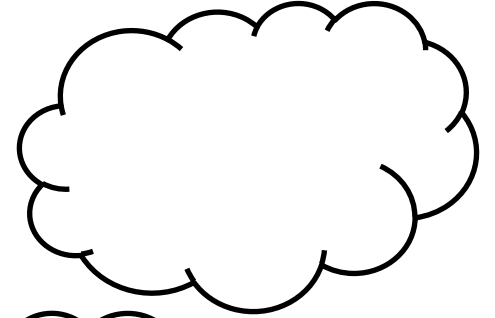
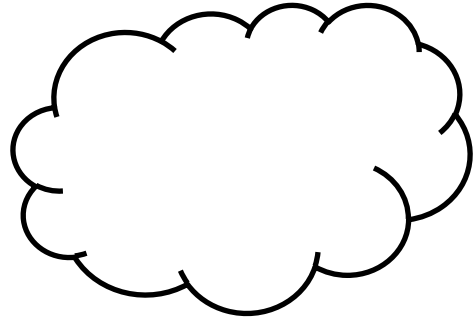
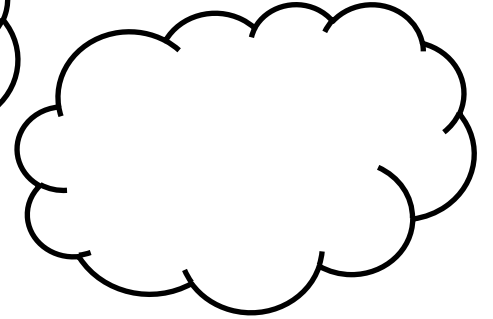
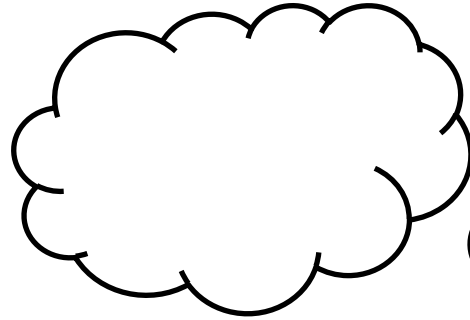
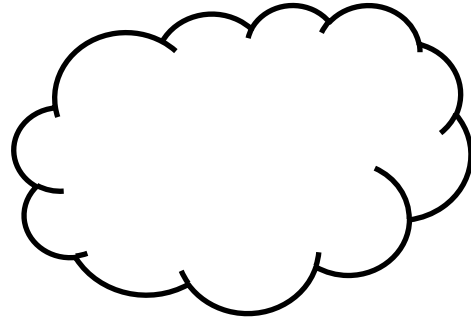
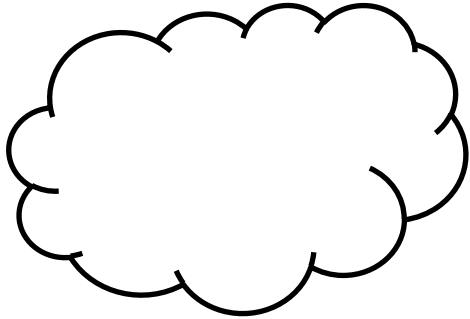
The bad or evil wolf

Write some of the words from the story that makes a bad wolf



The good wolf

Write some of the words from the story that makes a good wolf





Word definitions

Anger- A strong feeling of displeasure coming from a real or supposed wrong.

Have you felt angry? What happened? What did you do? Did you feed the anger or did you do something else? Draw a picture and write a few sentences to say what happened.



Word definitions

Envy- A strong desire to have something belonging to someone else.

Have you felt envy? What happened? What did you do? Did you feed the envy or did you do something else? Draw a picture and write a few sentences to say what happened.



Word definitions

Greed- When you want more than you are entitled to.

Have you ever been greedy? What happened? What did you do? Draw a picture and write a few sentences to say what happened. How does being greedy make you feel?



Word definitions

Arrogance – When you believe you are better than everyone else. You think you can do things which you can't!

Have you ever been arrogant? What happened? What did you do? Draw a picture and write a few sentences to say what happened. How do other people react to you when you are being arrogant?



Word definitions – choose one of the other words from the story, find out what it means and draw a picture and write about it.



Word definitions

Kindness– When you are warm hearted and considerate of other people

Have you ever been kind? What happened? What did you do? Draw a picture and write a few sentences to say what happened. How do other people react to you when you are being kind? How do you feel?



Word definitions

Empathy– When you are understanding of other people’s feelings and you can actually feel what they are feeling.

Have you ever shown empathy? What happened? What did you do? Draw a picture and write a few sentences to say what happened.



Word definitions

Compassion– Feeling concern over the misfortunes of others along with a wish to help them

Have you ever been compassionate? What happened? What did you do? Draw a picture and write a few sentences to say what happened.



Word definitions – choose one of the other words from the story, find out what it means and draw a picture and write about it.



What do you think this story means?

Can you write a few sentences of what you think the story means and how it relates to you as a person?

Please visit [ELSA support](http://www.elsa-support.co.uk) for more resources on emotional literacy