

## Thinking Skills Activity Worksheet - Fruit

### What is the theory behind this Thinking Skills Activity Worksheet - Fruit?

Developing thinking skills is a crucial part of childhood education. It includes learning about all sorts of mental and cognitive processes that help us in processing, organising and making sense of the world around us in the most effective way. It can include skills such as forming and analysing ideas, problem-solving and explaining, comparing and contrasting different perspectives. It is about how one utilises the knowledge they have to effectively deal with any situation at hand.

### How will the worksheet help?

This worksheet will help develop a child's thinking skills by finding the correct fruit among other fruits based on the given description. This will help in building their analysing skills when they will eliminate other fruits to reach the correct answer that matches the given description.

### How to use the worksheet?

This worksheet can be used by teachers or counsellors in schools as part of mental skills building training. It can also be used as part of the regular course on learning about fruits but adding the thinking skills element as an additional goal.

## Thinking Skills Activity Worksheet - Fruit

Match the description of the fruit with the correct picture of that fruit.

This fruit is named after a colour of the same name
This fruit is red on the outside and white on the inside
This fruit is green on the inside and has one huge brown seed
The fruit is long and yellow
This fruit is found in bunches that are made up of lots of tiny fruits



## Reference

[Delamain, C, & Spring, J. \(2021\). \*Teaching Critical Thinking Skills: An Introduction for Children Aged 9–12\*. Routledge.](#)

You can find more wellness and mental health worksheets [here](#).