

Name _____

Turn That Thought Around!



Directions:

Sometimes we think thoughts that make us feel sad or upset. But, we can practice turning our thoughts around to feel better! Below, you'll find several examples of negative or sad thoughts. Your task is to transform them by pairing each negative thought with a more positive one!



"I can't do this -it's too hard!"

"I'm not good at drawing."

"I don't have any friends to play with."

"I'm not as fast as the other kids."

"I made a mistake. I'm not smart."

"I'm strong in my own way, and I can keep practicing running!"

"Everyone makes mistakes, and that's how we learn!"

"I will try my best, and I'll get better with practice!"

"I can get better at drawing if I keep trying my hardest and practicing!"

"I can ask someone to play with me, and maybe I'll make a new friend!"