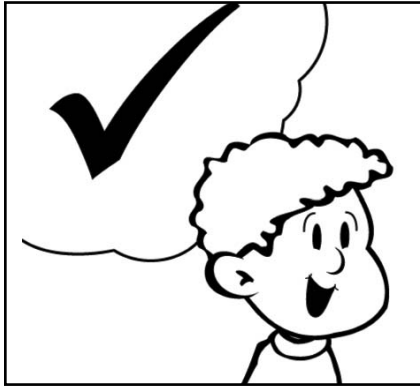


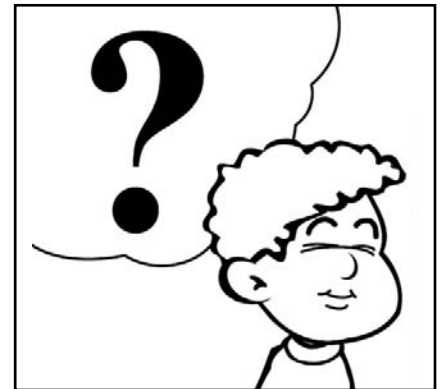
Thought Check: Naming Our Thoughts

Activity 6



Let's do a thought check to see if you have some thoughts that are making you feel blue. We all have thoughts about ourselves. We may think we are smart, funny, or handsome. At times, we may have thoughts about ourselves that make us feel sad and tired of trying.

To feel better, it is necessary to identify sad thoughts that may be stuck in our heads.



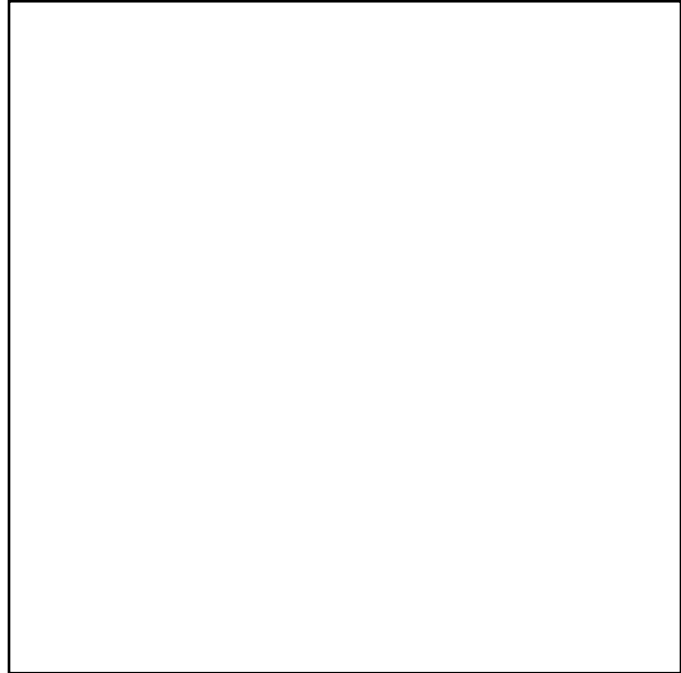
What are your thoughts about how you feel right now?

Activity 6

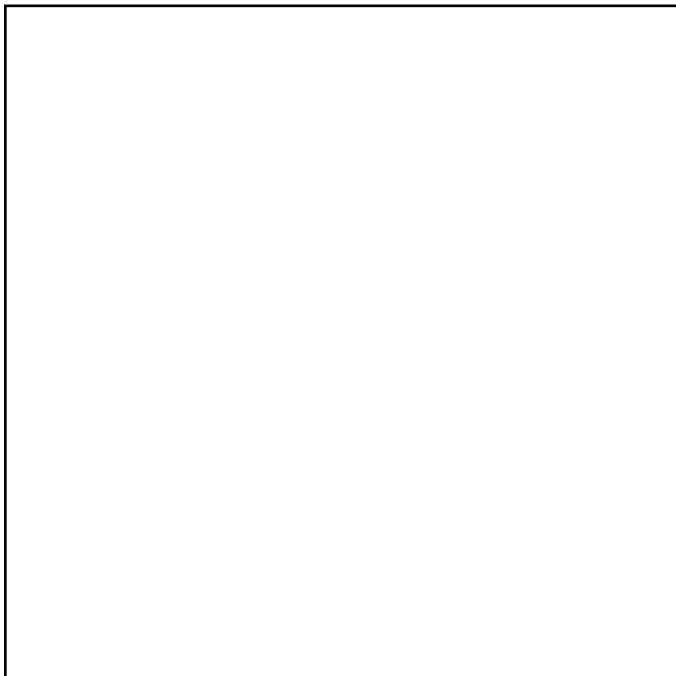
Thought Check: Naming Our Thoughts

What do your thoughts look like?

Draw a face showing your thoughts
and feelings right now.



Draw a face showing how you may
look when you have sad thoughts.



Thought Check: Naming Our Thoughts

Activity 6

Each of us has a name. When someone is looking for you, they call your name, and then you probably say: "Here I am!"

Since you are learning to look for thoughts that help you feel better, you are going to name your thoughts so that we can find a way to beat the blues.

The thoughts that make us feel better about ourselves are given the name **Positive Thoughts (or P+.)**

The thoughts that make us feel sad and tired of trying are given the name **Negative Thoughts (or N-.)**

Let's practice naming thoughts. Use the codes P+ or N- to name these thoughts.

I like to spend time with my friends. _____

Nobody likes me. _____

I can't do anything right. _____

I will try something new today. _____

I did my best on this work. _____

I'm always in trouble. _____

I will ask for help with this problem. _____

Activity 6

Thought Check: Naming Our Thoughts

Write five thoughts of your own.

Now look at the thoughts you have written and label them as Positive (P+) or Negative (N-).

Shape Your Day with Positive Thoughts

Everyone needs to hear encouraging words each day. It is nice to have others encourage us, but there are times when we can use our self-talk to remind ourselves of our possibilities and potential.

When we have the blues, we may forget that we have lots of talents and good qualities. You can “shape your day” with a daily dose of encouragement.

Say the positive thoughts below out loud:

- I will ask for help when I need support.
- I am friendly and I like being with others.
- I will try something new today.
- I am a good person.
- I will remember my strengths.
- I am proud of myself.
- I am awesome!
- I am making progress every day.
- I will talk about my feelings with a safe person.
- The two best things about me are _____ and _____!
- I will think of my favorite color today.
- I will remember the kind things others have said to me.

Now say them to yourself:

- I will ask for help when I need support.
- I am friendly and I like being with others.
- I will try something new today.
- I am a good person.
- I will remember my strengths.
- I am proud of myself.
- I am awesome!
- I am making progress every day.
- I will talk about my feelings with a safe person.
- The two best things about me are _____ and _____!
- I will think of my favorite color today.
- I will remember the kind things others have said to me.

Write down five other positive thoughts.

1. _____

2. _____

3. _____

4. _____

5. _____

Say them out loud, and then repeat them in your mind.