



“Sometimes I have thoughts that don’t feel very kind.”



“These thoughts might say things like ‘I’m not good enough’ or ‘I can’t do it.’”



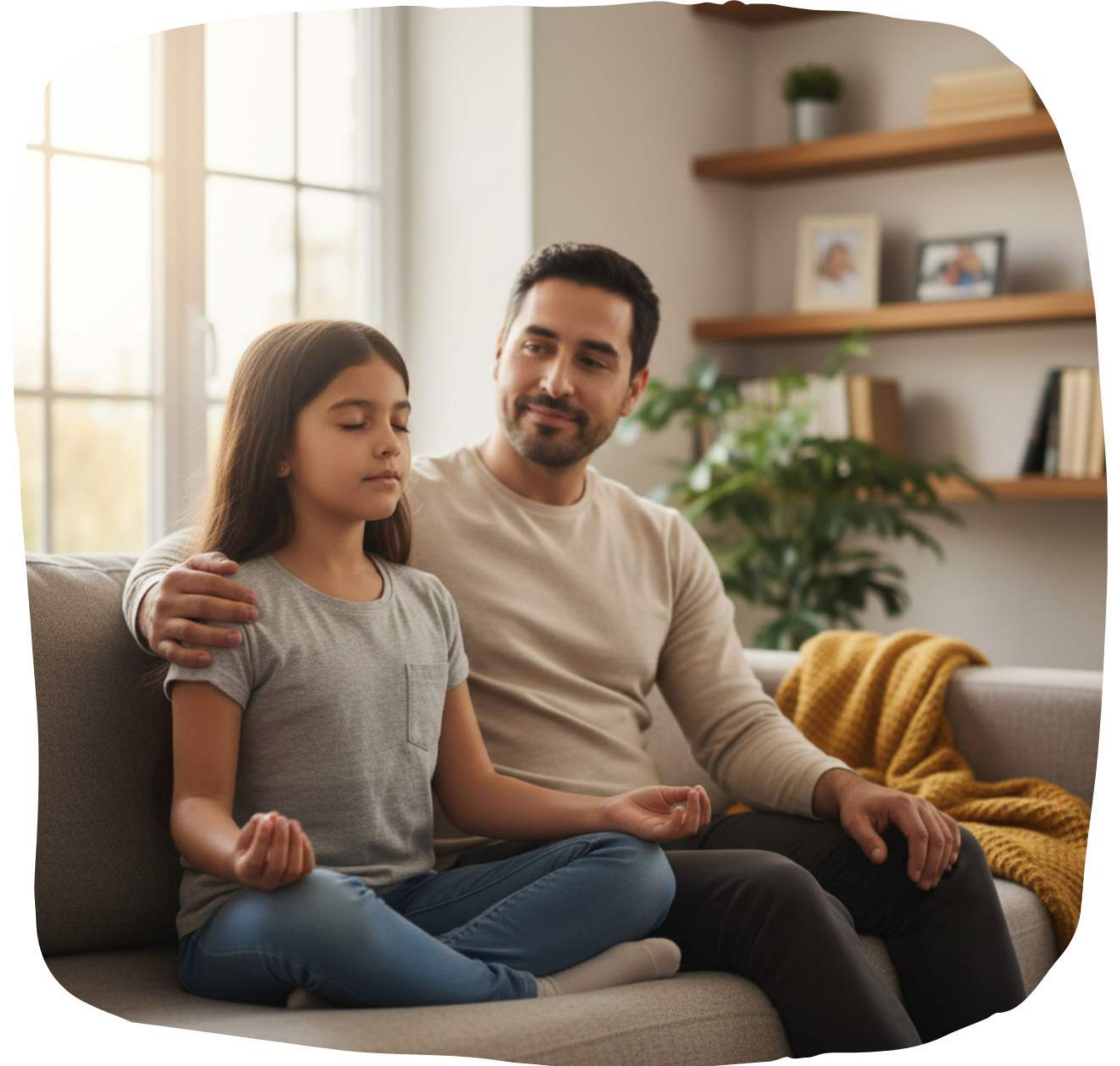
“Negative thoughts can make me feel sad, scared, or frustrated.”



“It’s okay to feel this way. Everyone has negative thoughts sometimes.”



“A thought is not a fact. It’s just something my brain says.”



“I can stop and take a slow, calm breath.”



“I can ask myself, ‘Is this thought true?’”



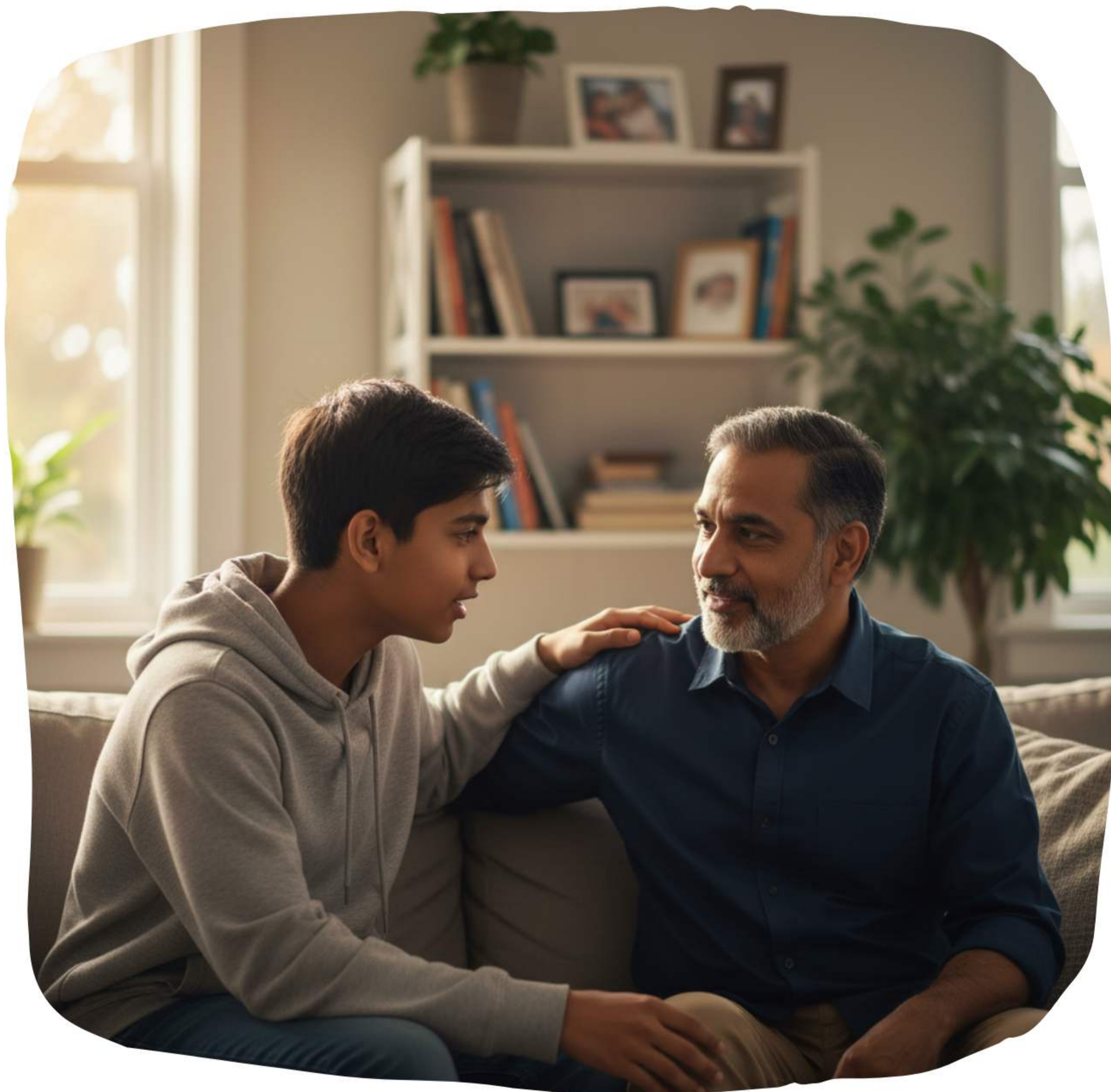
“Most of the time, negative thoughts aren’t true at all.”



“I can replace a negative thought with a kinder one.”



“I can say things like, ‘I am trying,’ ‘I am learning,’ or ‘I am enough.’”



“I can talk to someone I trust about how I feel.”



“Sharing my feelings helps the heavy thoughts feel lighter.”



“I can focus on something I do well or something I enjoy.”



“I can remember times when I succeeded, even when it was hard.”



“Kind thoughts help me feel calmer, stronger, and more confident.”



“Negative thoughts may come and go, but I can learn to handle them.”



Vocabulary

- Negative

A: Unkind or unhelpful. (Correct)

B: Very happy or excited.

- Thought

A: An idea or message in my mind. (Correct)

B: A loud sound someone makes.

- Replace

A: To change something and put something better instead. (Correct)

B: To keep everything the same forever.

- Confident

A: Feeling sure of myself. (Correct)

B: Feeling scared of everything.

- true

A: Something real that can be trusted. (Correct)

B: Something made up by my worries.



Spellings

A: Thot

B: Thought (Correct)

A: Kyind

B: Kind (Correct)

A: Brain (Correct)

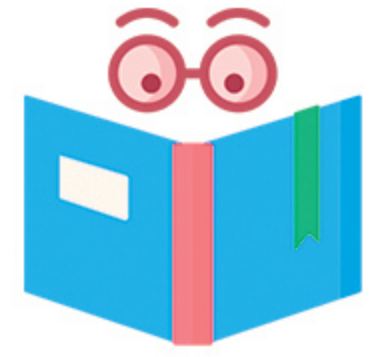
B: Brane

A: Calm (Correct)

B: Kalm

A: Enough (Correct)

B: Enuff



Comprehension

- What is a negative thought?
A: A thought that feels unkind or unhelpful. (Correct)
B: A happy and fun thought.

- Are negative thoughts always true?
A: No, they are usually not true. (Correct)
B: Yes, they are always correct.

- What can I do when I notice a negative thought?
A: Take a deep breath and question it. (Correct)
B: Believe it right away.

- Who can I talk to when my thoughts feel heavy?
A: A trusted adult or friend. (Correct)
B: No one at all.

- What can I replace a negative thought with?
A: A kinder, more helpful thought. (Correct)
B: A bigger, scarier thought.



Open-Ended Questions

- What negative thought sometimes pops into your mind?

- How does your body feel when you have negative thoughts?

- What kind thought can you say instead?

- Who helps you when you feel sad or unsure?

Role-Play Activity

- **Scenario 1**

You think, “I can’t do this.” → Practice replacing it with, “I can try my best.”

- **Scenario 2**

You feel sad because you made a mistake. → Practice saying, “I am learning.”

- **Scenario 3**

A negative thought makes you nervous. → Practice taking a deep breath and asking, “Is this true?”

- **Scenario 4**

You feel unsure about something new. → Practice telling a trusted adult your thought.