

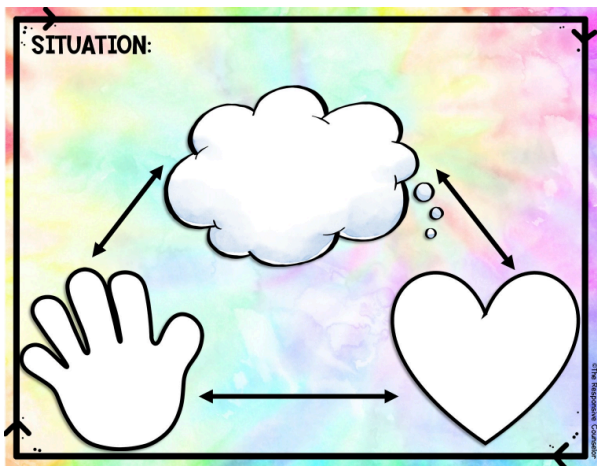
## Week 5: Thoughts → Feelings → Actions

We have been talking a lot about thoughts, feelings, actions, and how they are all connected to one another. A lot of times it is actually the thoughts in our brains that give us feelings and make us do things- not the situation that happened. In group we read two short stories and students pointed out the character's thoughts, their feelings, and their actions (or reaction).

After discussing the stories, students were prompted to create their own situation and show the cycle with both helpful vs. unhelpful thoughts. We talked about how the helpful thought might not change the feeling, but it might lessen the intensity.

We all tell ourselves not-so-great things sometimes. We all sometimes think unhelpful thoughts that make us feel sad, or angry, or worried. Students wrote down one thing they think in their brain sometimes that makes them feel bad. Then we shredded those thoughts and came up with better thoughts.

Use week 5s page in the take home book to have your child pick one time this week they felt upset. Help them write what they were thinking, feeling, and what they did. Then they can write what could have been a more helpful thought to have in that situation.



**Home Practice**

Name: \_\_\_\_\_

Pick one time this week you felt upset. Write what you were thinking, feeling, and what you did. Then, write a more helpful thought to have in that situation.

**SITUATION:** \_\_\_\_\_

**FIRST, MY BRAIN THOUGHT:** \_\_\_\_\_

**I FELT:** \_\_\_\_\_

**THIS IS WHAT I DID:** \_\_\_\_\_

**A MORE HELPFUL THOUGHT WOULD BE:** \_\_\_\_\_

I am...

I can...

I will...

It's okay to...

It's okay if...

I believe...

**SENTENCE ENDERS**

- Calm
- Brave
- Wonderful
- Good enough
- Do anything I put my mind to
- Handle anything
- Do hard things
- Calm
- Do my best
- Loveable
- Grateful
- Awesome just how I am