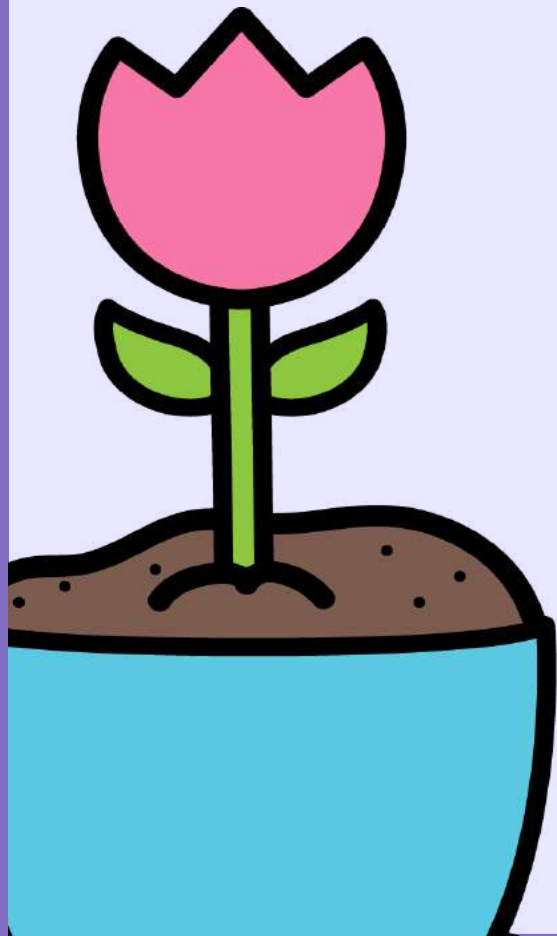


**Use these activities to help kids understand the power of their thoughts and learn to replace negative thoughts with positive ones!**




This resource includes:

- A sorting activity
- A worksheet with 2 differentiated versions
- A set of 12 matching puzzles
- A cut and paste activity
- All materials come in color and BW.

**Keep scrolling to read more information about what's included!**

# “Positive Or Negative Thought” Sort

Examples Of  
**NEGATIVE  
THOUGHTS**



Examples Of  
**POSITIVE  
THOUGHTS**

"I'll never be good at this."	"This is too hard. I'm giving up."	"It's good that I'm not exactly like everyone else."
"No one wants to be my friend."	"I mess up too much."	"There are people in my life who want to help me."
"I can't do anything right."	"I can do hard things."	"I don't have to be good at everything."
"I'm ugly."	"I have done hard things before, and I can again!"	"What can I learn from this mistake I made?"
"Everyone else is smarter than me."	"It's okay if everyone doesn't like me."	"Our class is better because I'm in it."

Students will look at 15 thoughts and decide if they are examples of positive thoughts or negative thoughts.

They will put the cards in the corresponding envelopes.

# “Planting Positive Thoughts” Worksheets

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

Our thoughts are powerful! Just like a seed leads to flowers, our thoughts can lead to certain feelings and actions. When we notice negative thoughts, we can stop and change those thoughts into more positive ones. Doing this can help us feel better and do things that are better for us.

**Directions:** Look at the thought examples below and draw a line between each negative thought and the positive thought that you could have instead.

**Don't plant these thoughts...      Plant these instead!**

I make too many mistakes.	
I hate that I'm not as funny as my friends.	
I won't get a good grade.	
No one likes me.	
This is too hard. I should give up.	

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

Our thoughts are powerful! Just like a seed leads to flowers, our thoughts can lead to certain feelings and actions. When we notice negative thoughts, we can stop and change those thoughts into more positive ones. Doing this can help us feel better and do things that are better for us.

**Directions:** Look at the negative thoughts on the left, and think of a positive thought you could replace it with. Write the positive thought in the seed on the right.

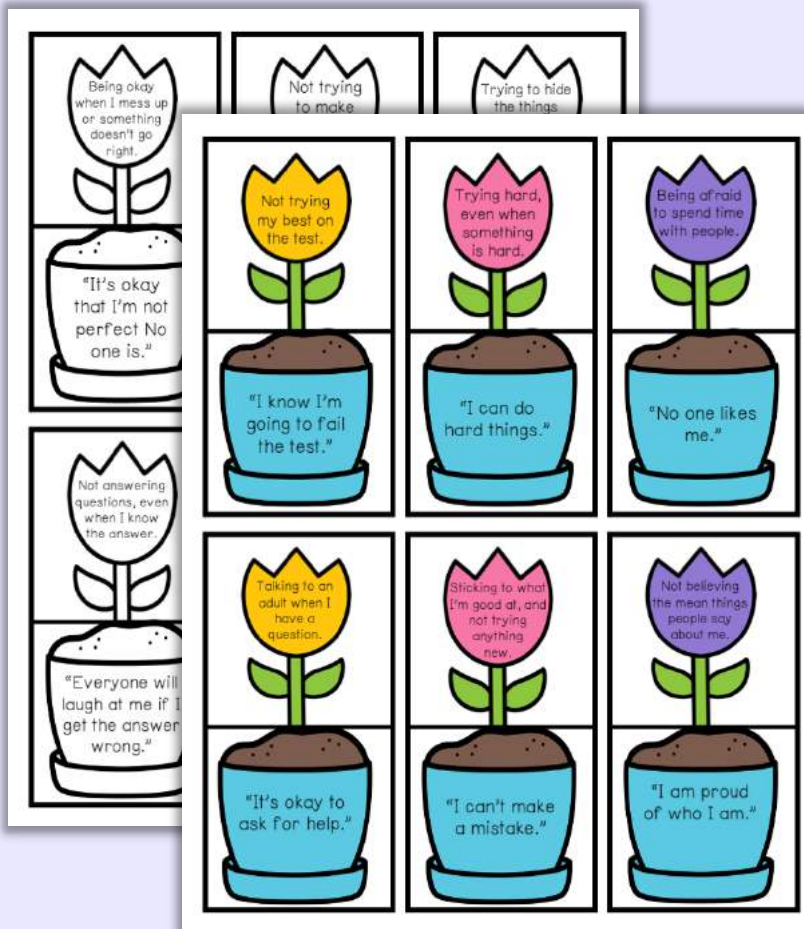
**Don't plant these thoughts...      Plant these instead!**

I make too many mistakes.	
I hate that I'm not as funny as my friends.	
I won't get a good grade.	
No one likes me.	
This is too hard. I should give up.	

Students will look at negative thoughts and consider which positive thoughts they could have instead.

There are two versions of this worksheet to help with differentiation.

# Thoughts And Actions Matching Puzzles



Kids will look at 12 thoughts and match them to the actions that the thoughts might lead to.

The puzzles include both positive and negative thoughts.

# “Growing Positive Thoughts” Cut & Paste

**GROWING POSITIVE THOUGHTS**  
CUT & PASTE

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

Directions: Look at the actions below and decide if they lead to positive thoughts or negative thoughts. Cut out the actions and paste them in the appropriate box.

Focusing on negative thoughts
Not standing up for yourself when you are mean to
Comparing yourself to others
Doing things you don't enjoy
Reflecting on things you've done wrong

**How I Can Help My Positive Thoughts Grow**



**Things That Make Negative Thoughts Grow**



Kids will look at 14 actions and decide if these actions will lead to positive thoughts or negative thoughts.

# WANT SPRING RESOURCES? BUNDLE & SAVE!



These activities are part of a bundle that includes 7 spring-themed counseling and SEL resources.

They will help your students learn about important SEL concepts like self-esteem, social skills, coping skills and more!

**SEE THE BUNDLE HERE**