These activities are perfect to use with the book "The Whatifs" By Emily Kilgore, but can also be used without the book!



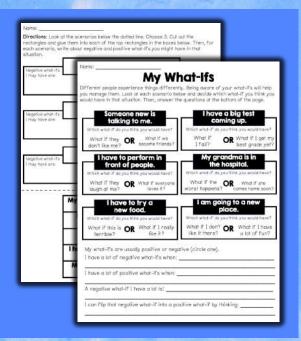


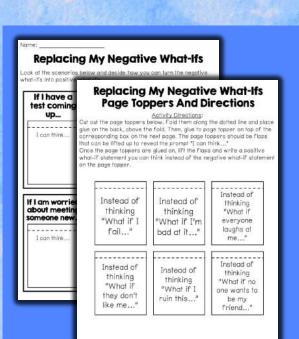
Includes A Visual Aid

The visual aid comes in color and b&w and will help students learn what a "what-if" is as well as the difference between positive and negative what-ifs.

Includes 2 "My What-Ifs" Worksheets

These worksheets will help students recognize their own what-ifs and consider whether they are mainly positive or negative.



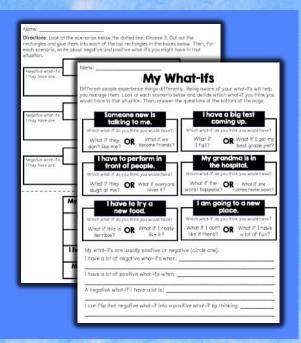


Includes an interactive worksheet

Students will look at different scenarios and practice turning the negative what-ifs into positive what-ifs.

Includes 2 "My What-Ifs" Worksheets

These worksheets will help students recognize their own what-ifs and consider whether they are mainly positive or negative.



Replacing My Negative What-Ifs Replacing My Negative What-Ifs If I have a Page Toppers And Directions test comi on the back, above the fold. Then, glue to page topper on top of the responding box on the next page. The page toppers should be flaps t can be lifted up to reveal the prompt "I can think. Once the page toppers are glued on, lift the flaps and write a positive vhat-if statement you can think instead of the negative what-if sta Instead of Instead of If I am worr Instead of thinking about meet thinking "What if someone ne "What if I What if I'm everyone fail..." laughs at bad at it ... Instead of Instead of Instead of thinking thinking thinking "What if no "What if "What if I one wants to they don't be my like me... friend..."

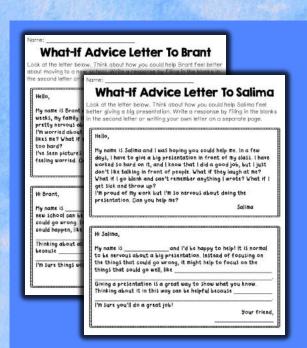
Includes An Interactive Worksheet

Students will look at different scenarios and practice turning the negative what-ifs into positive what-ifs.

Includes 18 What-If Puzzles

Students will look at different scenarios and match each situation to a positive and negative what-if.





Includes 3 What-If Advice Letters

Students will read "letters" from other students who are experiencing negative what-ifs and will use that they have learned to advise the other students.

All activities are included in a Google Slides format!

These anxiety and self talk activities are also provided in a digital format to support educators doing distance learning or looking to incorporate technology into their lessons!

