

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.

**What Are “What-ifs?”**  
What-ifs are the thoughts we have about everything that could happen.

**Positive what-ifs** are when we think about the *good* things that could happen!

**Negative what-ifs** are when we think about the *bad* things that could happen!

**Examples of positive what-ifs:**

- “What if I learn something new?”
- “What if I make a friend?”
- “What if I have fun?”
- “What if I do a great job?”

**Examples of negative what-ifs:**

- “What if this is hard for me?”
- “What if everyone makes fun of me?”
- “What if I hate it?”
- “What if I mess up?”



# 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.

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

**Directions:** Look at the scenarios below the dotted line. Choose 3. Cut out the rectangles and glue them into each of the top rectangles in the boxes below. Then, for each scenario, write about negative and positive what-ifs you might have in that situation.

Negative what-ifs I may have are: \_\_\_\_\_

Negative what-ifs I may have are: \_\_\_\_\_

Negative what-ifs I may have are: \_\_\_\_\_

**My What-ifs**

Different people experience things differently. Being aware of your what-ifs will help you manage them. Look at each scenario below and decide which what-if you think you would have in that situation. Then, answer the questions at the bottom of the page.

<b>Someone new is talking to me.</b> Which what-if do you think you would have? What if they don't like me? <b>OR</b> What if we become friends?	<b>I have a big test coming up.</b> Which what-if do you think you would have? What if I fail? <b>OR</b> What if I get my best grade yet?
<b>I have to perform in front of people.</b> Which what-if do you think you would have? What if they laugh at me? <b>OR</b> What if everyone loves it?	<b>My grandma is in the hospital.</b> Which what-if do you think you would have? What if the worst happens? <b>OR</b> What if she comes home soon?
<b>I have to try a new food.</b> Which what-if do you think you would have? What if this is terrible? <b>OR</b> What if I really like it?	<b>I am going to a new place.</b> Which what-if do you think you would have? What if I don't like it there? <b>OR</b> What if I have a lot of fun?

My what-ifs are usually positive or negative (circle one).  
I have a lot of negative what-ifs when: \_\_\_\_\_  
I have a lot of positive what-ifs when: \_\_\_\_\_  
A negative what-if I have a lot is: \_\_\_\_\_  
I can flip that negative what-if into a positive what-if by thinking: \_\_\_\_\_

# Includes an interactive worksheet

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

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

**Replacing My Negative What-ifs**

Look at the scenarios below and decide how you can turn the negative what-ifs into positive what-ifs.

**Replacing My Negative What-ifs Page Toppers And Directions**

**Activity Directions:**  
Cut out the page toppers below. Fold them along the dotted line and place glue on the back, above the fold. Then, glue to page topper on top of the corresponding box on the next page. The page toppers should be flaps that 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 what-if statement you can think instead of the negative what-if statement on the page topper.

<b>If I have a test coming up...</b> I can think...	<b>Instead of thinking "What if I fail..."</b>	<b>Instead of thinking "What if I'm bad at it..."</b>	<b>Instead of thinking "What if everyone laughs at me..."</b>
<b>If I am worried about meeting someone new...</b> I can think...	<b>Instead of thinking "What if they don't like me..."</b>	<b>Instead of thinking "What if I ruin this..."</b>	<b>Instead of thinking "What if no one wants to be my friend..."</b>

# 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.

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

**Directions:** Look at the scenarios below the dotted line. Choose 3. Cut out the rectangles and glue them into each of the top rectangles in the boxes below. Then, for each scenario, write about negative and positive what-ifs you might have in that situation.

Negative what-ifs I may have are: \_\_\_\_\_

Negative what-ifs I may have are: \_\_\_\_\_

Negative what-ifs I may have are: \_\_\_\_\_

**My What-ifs**

Different people experience things differently. Being aware of your what-ifs will help you manage them. Look at each scenario below and decide which what-if you think you would have in that situation. Then, answer the questions at the bottom of the page.

<b>Someone new is talking to me.</b> Which what-if do you think you would have? What if they don't like me? <b>OR</b> What if we become friends?	<b>I have a big test coming up.</b> Which what-if do you think you would have? What if I fail? <b>OR</b> What if I get my best grade yet?
<b>I have to perform in front of people.</b> Which what-if do you think you would have? What if they laugh at me? <b>OR</b> What if everyone loves it?	<b>My grandma is in the hospital.</b> Which what-if do you think you would have? What if she worst happens? <b>OR</b> What if she comes home soon?
<b>I have to try a new food.</b> Which what-if do you think you would have? What if this is terrible? <b>OR</b> What if I really like it?	<b>I am going to a new place.</b> Which what-if do you think you would have? What if I don't like it there? <b>OR</b> What if I have a lot of fun?

My what-ifs are usually positive or negative (circle one).  
I have a lot of negative what-ifs when: \_\_\_\_\_  
I have a lot of positive what-ifs when: \_\_\_\_\_  
A negative what-if I have a lot is: \_\_\_\_\_  
I can flip that negative what-if into a positive what-if by thinking: \_\_\_\_\_

# Includes An Interactive Worksheet

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

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

**Replacing My Negative What-ifs**

Look at the scenarios below and decide how you can turn the negative what-ifs into positive what-ifs.

**If I have a test coming up...**  
I can think... \_\_\_\_\_

**If I am worried about meeting someone new...**  
I can think... \_\_\_\_\_

**Replacing My Negative What-ifs Page Toppers And Directions**

**Activity Directions:**  
Cut out the page toppers below. Fold them along the dotted line and place glue on the back, above the fold. Then, glue to page topper on top of the corresponding box on the next page. The page toppers should be flaps that 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 what-if statement you can think instead of the negative what-if statement on the page topper.

Instead of thinking "What if I fail..."	Instead of thinking "What if I'm bad at it..."	Instead of thinking "What if everyone laughs at me..."
Instead of thinking "What if they don't like me..."	Instead of thinking "What if I ruin this..."	Instead of thinking "What if no one wants to be my friend..."



# Includes 18 What-If Puzzles

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

<b>Your older sister is moving away.</b>	<b>Your friend's grandma made a dinner that you've never had.</b>
Negative what-if: "What if I never see her again?"	
<b>You hear your teacher talking about you.</b>	
Negative what-if: "What if they are saying mean things about me?"	
<b>You are nervous about getting a new teacher.</b>	
Negative what-if: "What if everyone thinks my hair is ugly?"	
<b>You have a big test coming up.</b>	<b>You have to read in front of your class.</b>
Negative what-if: "What if I fail?"	Positive what-if: "What if I get a better grade than I think I will?"
	Negative what-if: "What if no one listens to me, and they talk while I'm reading?"
	Positive what-if: "What if I teach my classmates something new?"
<b>Your stomach hurts.</b>	<b>You are getting new neighbors.</b>
Negative what-if: "What if I am getting really sick?"	Positive what-if: "What if this is just a bug that'll pass soon?"
	Negative what-if: "What if they are mean to me?"
	Positive what-if: "What if there are kids that I can be friends with?"
<b>You are playing in a big soccer game.</b>	<b>You are moving to a new town.</b>
Negative what-if: "What if our team loses?"	Positive what-if: "What if I have my best game?"
	Negative what-if: "What if I hate it there?"
	Positive what-if: "What if I meet a lot of new friends?"

# 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.

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

**What-If Advice Letter To Brant**

Look at the letter below. Think about how you could help Brant feel better about moving to a new school. Write a response by filling in the blanks in the second letter on a separate page.

Hi Brant,

My name is \_\_\_\_\_ and I'd be happy to help! It is normal to be nervous about a big presentation. Instead of focusing on the things that could go wrong, it might help to focus on the things that could go well, like \_\_\_\_\_.

Giving a presentation is a great way to show what you know. Thinking about it in this way can be helpful because \_\_\_\_\_.

I'm sure you'll do a great job!

Your friend,

\_\_\_\_\_

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

**What-If Advice Letter To Salima**

Look at the letter below. Think about how you could help Salima feel better giving a big presentation. Write a response by filling in the blanks in the second letter or writing your own letter on a separate page.

Hello,

My name is Salima and I was hoping you could help me. In a few days, I have to give a big presentation in front of my class. I have worked so hard on it, and I know that I did a good job, but I just don't like talking in front of people. What if they laugh at me? What if I go blank and can't remember anything I wrote? What if I get sick and throw up? I'm proud of my work but I'm so nervous about doing the presentation. Can you help me?

Salima

# 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!

### Replacing My Negative What-ifs

Look at the scenarios below and decide how you can turn the negative what-ifs into positive what-ifs. Click on each white box and drag it to the side. Then, write about a positive what-if you could have instead. Drag the white box back when you're done.

<b>If I have a test coming up...</b> Instead of thinking "What if I fail..."	<b>If I'm afraid to try something new...</b> Instead of thinking "What if I'm bad at it..."	<b>If I have a show or performance coming up...</b> Instead of thinking "What if everyone laughs at me..."
<b>If I have a test coming up...</b> Instead of thinking "What if they don't like me..."	<b>If I'm afraid to try something new...</b> Instead of thinking "What if I ruin this..."	<b>If I have a show or performance coming up...</b> Instead of thinking "What if no one wants to be my friend..."

### Flipping Negative What-ifs

Drag these negative what-ifs into the scenarios that they match.

<b>You have a big test coming up.</b>	<b>You have to read in front of your class.</b>	Negative what-if: "What if they are mean to me?"	Negative what-if: "What if no one listens to me, and they talk while I'm reading?"	Negative what-if: "What if our team loses?"
<b>Your stomach hurts.</b>	<b>You are getting new neighbors.</b>	Negative what-if: "What if I fail?"	Negative what-if: "What if I hate it there?"	Negative what-if: "What if I am getting really sick?"
<b>You are playing in a big soccer game.</b>	<b>You are moving to a new town.</b>	Positive what-if: "What if I teach my classmates something new?"	Positive what-if: "What if this is just a bug that'll pass soon?"	Positive what-if: "What if I have my best game?"
		Positive what-if: "What if I meet a lot of new friends?"	Positive what-if: "What if I get a better grade than I think I will?"	Positive what-if: "What if there are kids that I can be friends with?"

Drag these positive what-ifs into the scenarios that they match.