

# “Happy Thoughts” Cut And Paste

Students will look at various things that might make them feel worried and consider how they can use positive self talk to combat their worries.

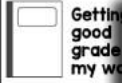
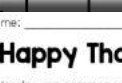








Name: \_\_\_\_\_

**When I Worry About...**      **I Can Tell Myself...**

**Happy Thoughts Cut and Paste**

Worries are common, and everyone has them sometimes. Next time you notice a worry pop into your head, try to replace it with a happy thought instead.

For this activity, cut out all of the happy thoughts on the bottom of this page. Then, look at the examples on the next page of things you might worry about. Think about which happy thought will help with that worry and glue it into the empty box that is next to the worry. Do this until you have happy thoughts listed for each worry.

 Getting good grades my way	 Bad weather	 Doctors keep up safe and healthy	 I am safe right now
 Someone laughing at me	 Going to the doctor	 There are adults in my life to keep me safe	 I can do my very best
 Someone talking to me		 I like who I am	

# “What Gives Me Butterflies” Cut And Paste











Students will consider which things they worry about. They will look at various worries and if the student has those worries, they will glue the worry onto the dinosaur. If the student doesn't have those worries, they can glue them into the background.

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

**What Gives Me Butterflies Cut & Paste**

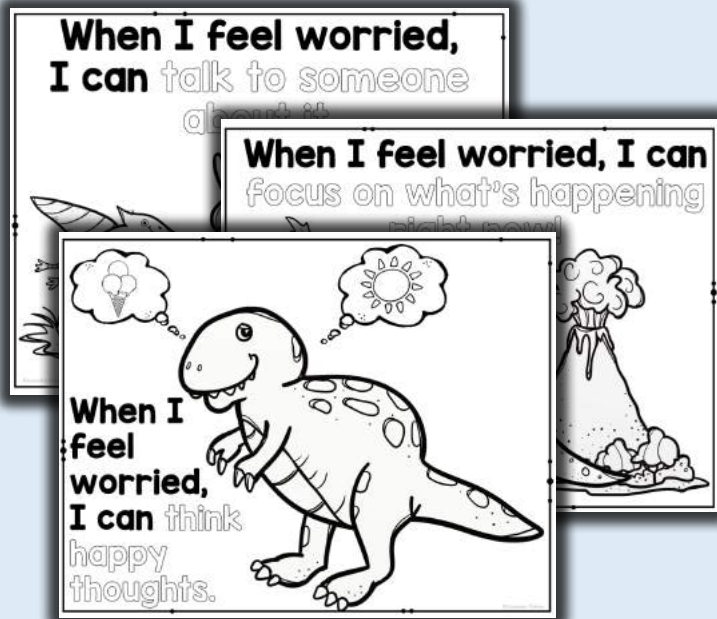
Do your worries ever feel like butterflies in your stomach? That's okay! Everyone has worries, but what makes one person feel worried might not make someone else feel worried. Knowing what makes us feel worried is a great first step to helping us handle those feelings.

For this activity, cut out all of the butterflies on the bottom of this page. Look at each box. If it is something you worry about, glue it on the dinosaur from the next page. If it isn't something you worry about, glue the butterfly in the background.

 Getting sick	 Getting good grades	 My family	 Getting in trouble
 Taking Tests	 Making a mistake	 Being made fun of	 People not liking me
 Bad weather	 Going to the doctor		

# Includes 3 Coloring Pages

Students can color these pages as they learn about strategies they can use to cope with their worries.



# Includes A Worksheet

Students will think about things that make them happy. They will then decorate their "jar of happy things" that they can think about when they feel worried.



# All activities are included in a Google Slides format!

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

