

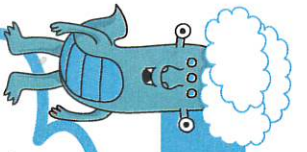
Page 1 Panda Class

Page 2 Elephant/ Giraffe Class

Page 3 Lion/ Koala Class

Page 4 Tiger/ Zebra Class

Thoughts aren't Facts

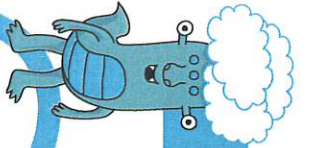


This is **true** about me!

This is **false** about me!



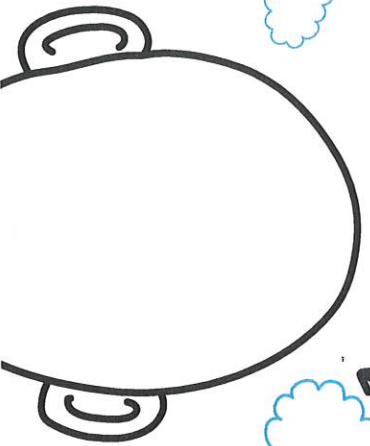
Thoughts aren't Facts



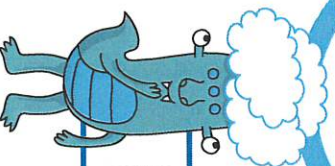
My **good** thought



This is me

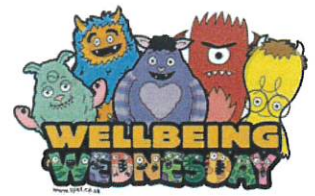


My **bad** thought





Thoughts aren't Facts



My thought log

Write down some of your thoughts.

How do they make you feel?

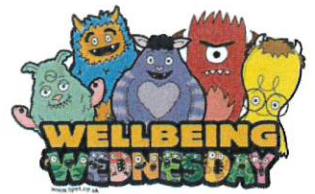
Is this true or just your opinion?

Can you think about this differently?

Doodle here!



Thoughts aren't Facts



Think of a situation where you felt challenged.
Write down your thoughts to see if you can change
your thinking to help yourself.

What has happened?



My thoughts...

thoughts
↓
feelings
↓
reaction

My reaction...

My feelings...

