GET HAPPY

Think positive
and flip fear around

Materials: Worksheets, thoughts templates, green and red crayons, pencils, timer

Directions: Read the worksheet, complete the activity and discuss with the Group.

Sometimes, it's a challenge to feel upbeat. After all, our lives are constantly changing. We have good days and bad days.

We may face difficulties at school, our special person may be away or any number of things can become overwhelming. The result is fear: We feel we just can't do it and "freak out"!

One of the best ways to fight fear is the power of positive thinking.

The next time you find yourself freaking out over fear, think about what's bothering you.
Then, try flipping the fear around to something hopeful and positive.
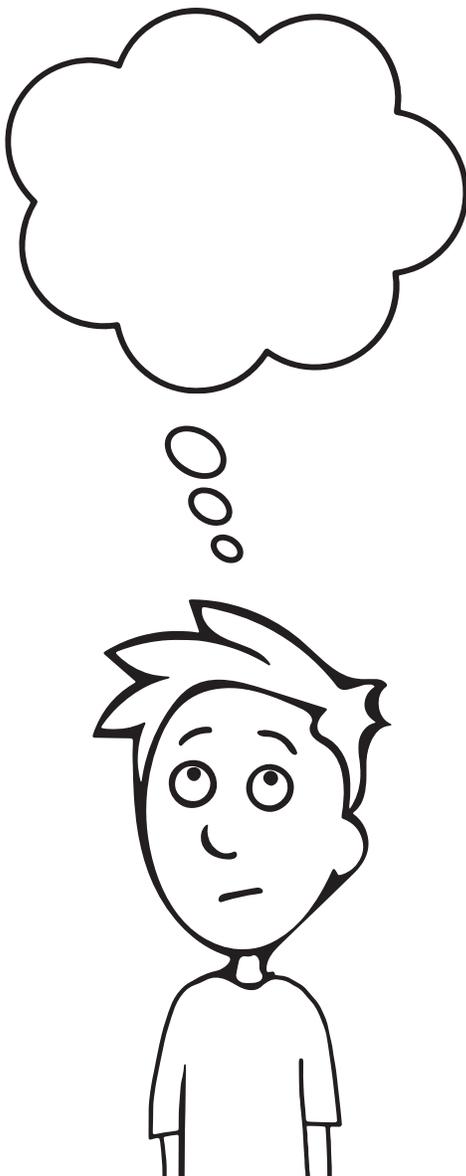
For today's activity, let's flip negative thoughts into positive thoughts!

STEP ONE

Think about each boxed thought on the template. Is it positive or negative? When you've made your decision, color positive thoughts green and negative thoughts red.

STEP TWO

Read the negative thoughts below your colored boxes. Next to each negative thought, think of a positive thought that flips the negative thought around. You'll have 10 minutes for STEP ONE and STEP TWO. Start coloring and writing now!

(Set the timer for 10 minutes.)

STEP THREE

When the timer sounds, we'll share our ideas on how to flip negative thoughts into positive thoughts. Let's get happy!

FLIPPING NEGATIVE THOUGHTS TO POSITIVE THOUGHTS

Positive thoughts = green   **Negative thoughts = red**

I'll make it work.	I'm smart enough to figure it out.	I can overcome this.
	I don't have the right skills.	It's too hard.
I can't do it.	I don't have enough time.	I'll trust my instincts.
	I don't understand how to do it.	I'm powerful.
I've never done this before.	If I try, I can do it.	It will be a challenge.

Flip this NEGATIVE thought   **into** ➡   **this POSITIVE thought**

It will be a challenge.	➡	
I can't do it.	➡	
It's too hard.	➡	
I don't have the right skills.	➡	
I've never done this before.	➡	
I don't understand how to do it.	➡	