

GET HAPPY

# Think positive and flip fear around

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

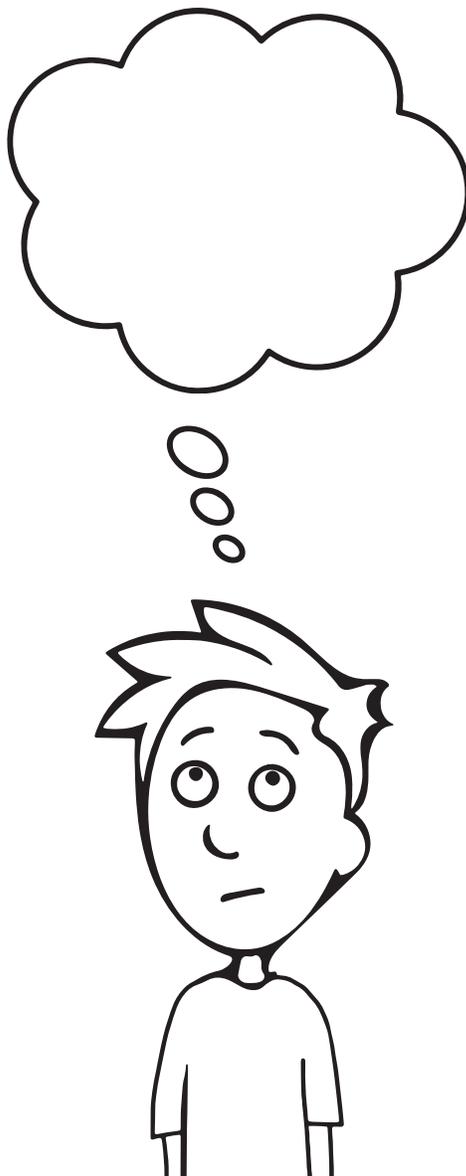
**Directions:** Read the worksheet, complete the activity and discuss with the Group.

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.

