

Thought challenging activity for kids

Grow calm and confident by challenging your thoughts



Two Sides to Every Coin



How to use:

You'll see a statement written on this sheet. Your job is to write down one reason why the statement might be true and one reason why it might not be true.



Goal:

Rainy days are bad

Why It's True

Why It's Not True



What If Clouds

**How to use:**

You'll see clouds on this sheet. In the first cloud, write something you know is true. In the second cloud, write a "What if" that makes you think differently about it.

**Goal:**

This helps you learn to question things and think of other possibilities.

Something I Know

What If



Flip the Script

**How to use:**

You'll read a short story that stops before the end. Write your own ending, and then try to write a different ending that changes the story.

**Goal:**

This helps you think creatively and understand that stories can have more than one ending.

Attach a story here

My Ending 1

My Ending 2



Emotion Potion



How to use:

Write down a feeling you have right now and why you feel that way. Then, try to think of reasons that could make you feel the opposite.



Goal:

This helps you understand your feelings better and know that it's okay to feel different ways.

How I Feel Now

Reason #1

Reason #2

Reason #3

How I Feel Now



Future Me, Past Me



How to use:

Write down what you want to be when you grow up and why. Then, think about what you wanted to be last year. Has it changed? Write down why or why not.



Goal:

This helps you think about your dreams and how they can change, and that's okay!

Future Me

Past Me

