



## Positive and Negative Thinking

**What are thoughts? Where do they come from?  
Who is in control of your thoughts?**

**Think about going to the doctor and getting a shot. How do you feel when you think about this?**

**Think about your birthday party with all your friends and your favorite dessert. How do you feel now?**

**So, do our thoughts change how we feel? Yes!**

**Positive thoughts are thoughts that help you feel better.** 

**Negative thoughts are thoughts that make you feel worse.** 

**Are the following positive or negative ways of thinking?**

- I'm good at things

- I always mess up
- I'm a good friend
- I'm giving up
- It's okay to make mistakes
- I'm bad
- I can't do this
- I can get better if I practice
- It's unfair
- I can figure this out
- Things will be okay

**Let's say a negative and a positive thought we can have about each situation:**

**1. Mom says 'no' to dessert. Negative\_\_\_\_\_**  
**Positive\_\_\_\_\_**

**2. Your brother wins the board game.**  
**Negative\_\_\_\_\_ Positive\_\_\_\_\_**

**3. You're learning something new and it's really hard. Negative\_\_\_\_\_ Positive\_\_\_\_\_**

**4. Someone laughs behind you. Negative\_\_\_\_\_**  
**Positive\_\_\_\_\_**

**Which makes you feel better, negative or positive thinking?**

**Will you use negative or positive thinking in the future?**

**Give one example of how you will use positive thinking...**

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***Better Behavior: Helping Kids Create Change and Improve Relationships***, by Noah Kemppler, PsyD, Available at [Amazon.com](https://www.amazon.com)