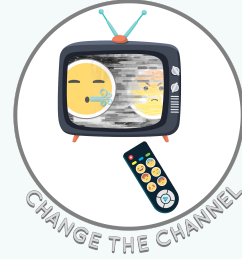


Student Directions

We can **Change the Channel** on our tough feelings because we are able to control what we think about. Our thoughts and feelings don't control us. To help us do this, we can use the power of thinking positive thoughts.



Build a toolbox of calm thoughts by answering these questions.

1. Name a place you are always very happy.
2. What is an activity you do that brings you the most joy?
3. Name 1-2 people who make you calm and happy. What are they like?
4. What is a food that makes you feel comforted?
5. Do you have a place you picture that is comfortable, like your bed or a hot bath, that makes your body relax just by thinking about it?
6. What is one thing you do that relaxes you in less than one minute?
7. Describe your perfect day. Include food you'd eat, things you'd do, places you'd go, people you'd be with.
8. Try a belly breath by slowly taking a breath that protrudes your stomach. Then exhale. How many belly breaths does it take until you feel more relaxed?