

Bright Thoughts

Positive Self-Talk
Activity



Develop meaningful, positive self talk

Helps students:

-  Create helpful thoughts they believe and use.
-  Prepare for common challenging situations.
-  Move from recognizing to replacing negative thoughts.

What's Included

- ✓ Bright Thought Mini-Book
 - 6 common challenges
 - Blank page to add your own
- ✓ Bright Thought Worksheet
- ✓ Straightforward Guide



MiniBook Format

6 common situations

Plus blank page
to add your own

Realistic examples

Color & BW

"This isn't what I wanted, but I can be flexible."

"Plans change sometimes. I can figure out what to do next."

"I'm disappointed, but it'll be okay."

BRIGHT
THOUGHTS

When I make a mistake

When I'm comparing myself to others

When I'm trying something new

When something doesn't go as planned

When I'm worried about the future

When I'm being hard on myself

Worksheet Version

Quick 1-page format

Use on it's own and
to brainstorm



BRIGHT THOUGHTS
A collection of helpful thoughts I can use when I need them.

When I'm worried about the future _____

When I make a mistake _____

When I'm comparing myself to others _____

When something doesn't go as planned _____

When I try something new _____

When I'm being ha _____

BRIGHT THOUGHTS

How to Use

Introduce what makes a bright thought.

Review prompt and example thoughts.

Create their own bright thoughts for 6 situations.

Add additional situations.



Why You'll Love It

realistic example thoughts

great for individual
or small groups

two formats

minimal prep

"This isn't what I wanted, but I can be flexible."

"Plans change sometimes. I can figure out what to do next."

"I'm disappointed, but it'll be okay."

Practical Details



Grade Level

4th - 6th



Made For

individual and small groups



File Format

PDF



AND

two formats

blank pages to personalize

keep as a reference



Printing

Color & BW

More CBT Activities



CBT WORKSHEETS



school counseling tools

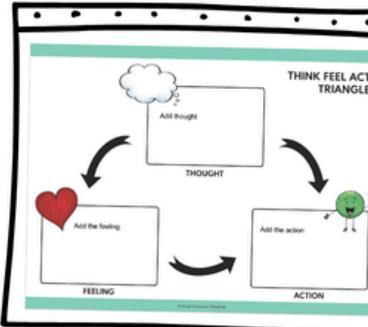
COGNITIVE DISTORTIONS



THOUGHTS FEELINGS ACTIONS

2-5

CBT COUNSELING ACTIVITIES



Social Emotional Workshop

NEGATIVE THINKING

counseling activities

Thought Traps

Marcus got called down to the principal's office.

"I must be in huge trouble. They're probably going to suspend me and call my parents, and everyone will know."

20

Social Emotional Workshop

3-5

THOUGHT DETECTIVE

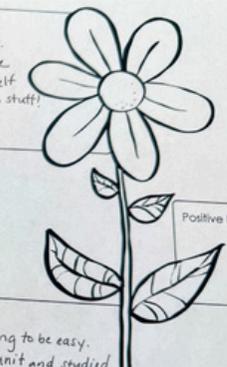
3-5

negative thinking game



Thought Detective Agency

Social Emotional Workshop



Positive Action
Try my best.
Take my time.
Remind myself
I know this stuff!

Positive Thought
This is going to be easy.
I liked this unit and studied

Hi! I'm Laura

I create research-driven, uncomplicated tools and resources designed to build students' social and emotional skills in counseling or the classroom.

During ten years as a school psychologist, I wore all the hats - but the one I never took off was supporting my colleagues.

Whether you're a first-year counselor or a seasoned teacher, I want you to have the tools you need to support each student.

Visit [my blog](#) for more ideas and [subscribe](#) for exclusive resources!

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