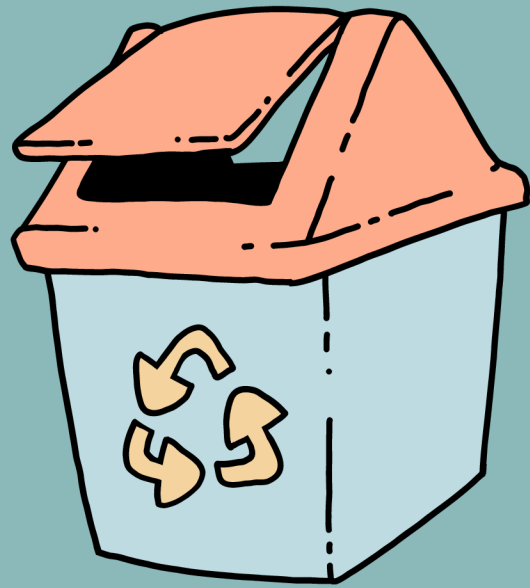


**Stinkin'
Thinkin'**



Stinkin' Thinkin'

What You'll Need!

- **Paper**
- **Pens or pencils**
- **A recycling bin**
- **A partner or group (optional)**



Stinkin' Thinkin'

Negative thoughts can stick around, but we don't have to keep them! This activity helps you recognize unhelpful thoughts, replace them with kindness, and let them go.

Let's Clear the Clutter

Step 1: Write down a negative thought that's been bothering you.

Step 2: Crumple up the paper - feel the tension in your hands as you squeeze it.

Step 3: Say something positive, encouraging or helpful to yourself. (Examples on next sheet)

Step 4: Take turns tossing your crumpled thought into the recycling bin. While one person throws, others can share words of encouragement.



Stinkin' Thinkin'

Negative to Positive Examples

✗ I'm bad at math, I'll never get it.

✓ Math is tough, but I can keep practicing and improving.

✗ Nobody likes me.

✓ I am worthy of friendship, and the right people will appreciate me for who I am.

✗ I always mess things up.

✓ Everyone makes mistakes. Each one is a chance to learn and grow.

✗ I'm not smart enough.

✓ I can always learn and grow with effort and patience.



Share the Magic!

Seeing the creativity, connection and joy that comes from these activities truly lights me up!

You're invited to share a photo, a little note about your experience, or tag me on social media. I'd be so grateful to celebrate this moment with you.

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Can't wait to see what you create!

