



An Activator for Thoughts

My Brain: Before and After

Below is a drawing of a brain - your brain!

Print it out TWO times.

In one brain, fill it with pictures and words to show the thoughts, feelings and behaviors that you have right now.

In the second brain, fill it with pictures and words to show what thoughts, feelings and behaviors you'd like to have in your brain.

Example of Before and After Brains:



Ready to give it a try? Print out the empty brain below two times - then get creative!

