



An Activator for Thoughts

Thoughts, Feelings, Actions!

- The thoughts we have in our brains can become the feelings we experience.
- If you think a sad thought, you start to feel sad too. You begin to act sad.

We have the power to change our thoughts, feelings and actions.

Fill in the spaces below to see how different thoughts change how you feel. Or you can draw your thoughts, feelings and actions instead. You can also talk about these things with your family or friends and listen to how others think, feel and act.

When we share our thoughts and feelings we learn how to understand ourselves and others much better.

Here's an example:

I THINK →	I FEEL→	I ACT →
Nobody will like me	Nervous	Shy, Lonely
I want to play video games right now	Bored	Frustrated

Now it's your turn. Make your own Thoughts, Feelings, Actions chart or use the one below!

I THINK →	I FEEL →	I ACT