

SM 4-6 L2 MY THOUGHT BUBBLE CHALLENGE

Grade: 4-6

Competency Area: Self-Management

Lesson Title: My Thought Bubble Challenge (Lesson #2)

T-SEL Standard: 2.C.3. Students consider various paths through individual and collective adversity. Students reflect on their sources of inner strength, hope,

Duration: 20 minutes

Materials Needed: ChalkWild erasable backpack + ChalkWild chalk markers + terry cloth

Lesson Directions:

1. Introduction: Begin by gathering students in a circle. Tell students that you are going to read a series of statements, and that students are to put a thumbs up if it is a positive thought and a thumbs down if it is a negative thought.

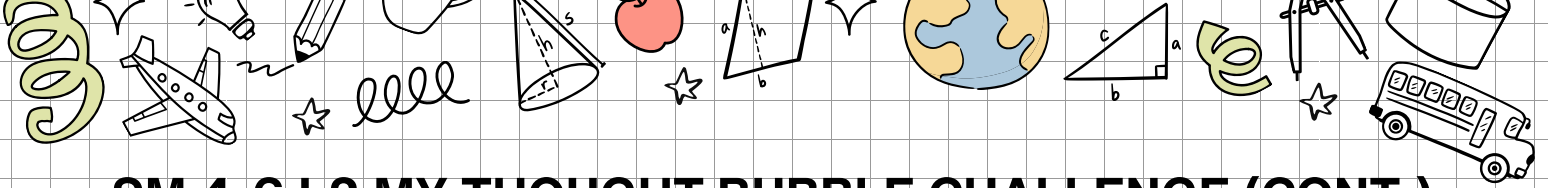
- I can't do it
- I will overcome the challenge
- I am strong
- I'm probably going to get the wrong answer
- I am smart
- I am capable
- I'll never accomplish my goals

Explain to students that it is important to focus on having positive thoughts.

2. Drawing Activity: "My Thought Bubble Challenge." Explain the activity: "Today, you'll practice changing a negative thought to a positive one."

- Instruct each student to draw a thought bubble on their backpack. Model on the board if students are unsure of what a thought bubble is.
- Explain to students that you are going to read a negative thought statement and they are to re-write it on their backpack as a positive thought and then hold up their backpack high in the air for everyone to see what they wrote.
- List of Negative Thoughts to Read Aloud
 - "I can't do this."
 - "This is too hard."
 - "I always mess up."
 - "I'm not smart enough."
 - "No one likes me."
 - "I'm not good at anything."





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- "Things never go my way."
- "I'll probably fail."
- "It's not fair."
- "I give up."

3. **Conclusion:** Wrap up with a class discussion:

- "What is a new 'positive' thought you learned today?"
- "How does changing our thoughts affect how we feel?"
- "What is one way you can remind yourself to use your Thought Bubble when you have a negative thought?"

End the lesson by reminding students that they are in control of their thoughts and have the power to think in a way that helps them feel good and be successful.

