

Thoughts Control Feelings

Overview:

This lesson shows kids how their thoughts affect their moods. When they have this understanding, children can begin to control their moods by controlling their thoughts.

Estimated Time:

5 minutes

Suggested Script:

Today you're going to learn something that many grown-ups don't even know. It's one of the most important and powerful truths in all the world.

Does anybody know how our thoughts control our feelings?

Here's how it works. Let's say that you wake up and the first thought that pops into your head is...

...that you did great on a project and your teacher was very impressed. How will that thought make you feel? (Happy.)

Then a new thought forms in your head...

Bunkbed appears in head.

You're thinking how much you hate that you have to share a room with your little brother or sister. How will that thought change your feelings? (Grumpy, mad.)

Our thoughts control our feelings.



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Our thoughts control our feelings.

Mad face appears.

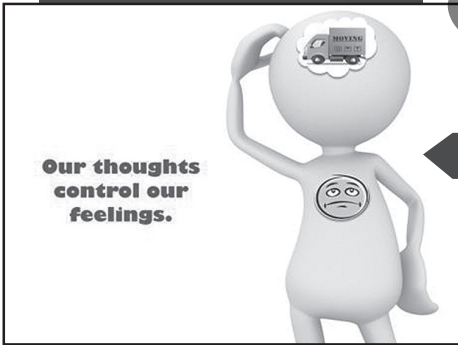
Then your third thought of the day is...



Our thoughts control our feelings.

Moving truck appears.

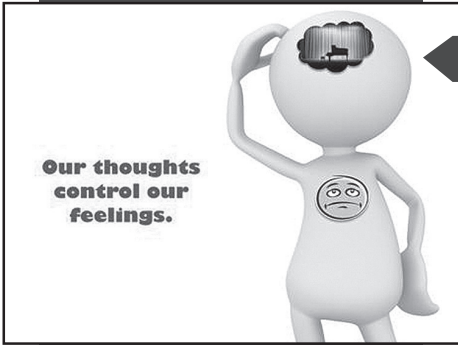
...that your best friend is moving away today. How does that thought control your feelings? (Sad.)



Our thoughts control our feelings.

Sad face appears.

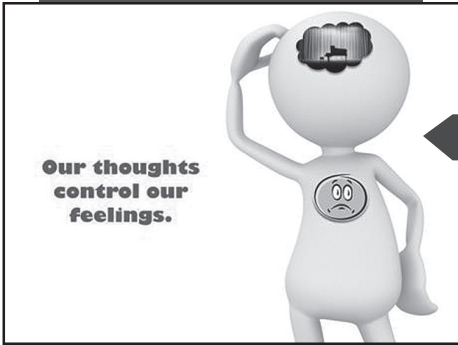
Finally, your fourth thought of the day is...



Our thoughts control our feelings.

Piano appears.

...that you have a piano recital today. You have to play in front of fifty people and you haven't practiced much. How does that change your feelings? (Worried, nervous.)



Our thoughts control our feelings.

Nervous face appears.

Your thoughts control your feelings. Are you in a good mood right now? Your thoughts probably got you there. Are you in a bad mood right now? Your thoughts probably got you there.



We don't have a remote control for our feelings. We can't just press a button and be happy or confident. A few things in life control our feelings, and the most powerful one is our thoughts.



If you want to be in a good mood, pay attention to what is happening inside your head and fix the thoughts that are causing trouble.

Additional Script:

Each thought we have puts us in a better mood, a worse mood, or keeps us the same. I need a volunteer to show us how this works.

Volunteer, point to the face in the middle of the screen. I will read various thoughts. If the thought is positive and would make you happier, move your hand up one. If the thought is negative and would make you less happy, move your hand down one. If the thought is neutral, leave your hand where it is.

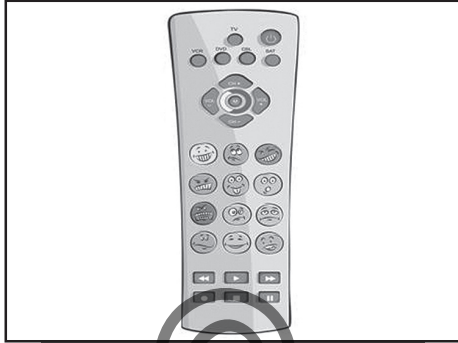
- "I like who I am."
- "I stink at math."
- "If I work hard, I can get a good grade on this test."
- "Everybody makes mistakes."
- "Cheese is yellow."
- "Nobody likes me."
- "This is the worst day of my life."
- "I hate that person."
- "I'll just cheat in order to win."
- "I lost my book but it's not the end of the world."
- "I'll probably strike out."
- "Nothing is going right today...but I'll do the best I can."

Do you see how your thoughts change your mood?

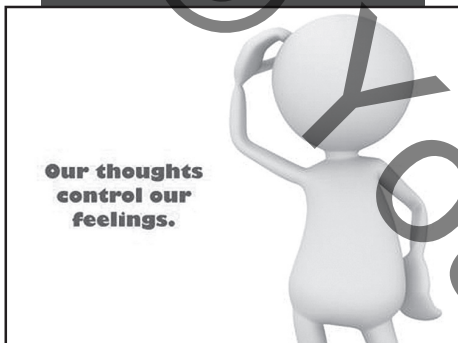
Supplemental Activity:

Distribute the "Turn It Around!" worksheet to students and instruct them to write down how they could turn around each negative thought and think positively.

Review Questions:



If we want to be in a better mood, we can't just press a button and suddenly be happy. What is the most powerful thing that controls our moods and our feelings? (Thoughts; attitude.)



Can anybody explain how our thoughts control our feelings?

I'll say a situation where it is very tempting to have a bad attitude and be in a bad mood. You tell me how you could have a positive attitude in that situation.

- *You didn't get the toy you wanted for your birthday.*
- *Your team just lost an important game.*
- *Somebody else got the last Popsicle in the freezer.*
- *You have a major test today.*
- *You're on a long road trip and your baby brother or sister is crying and crying.*
- *You just spilled chocolate milk down your shirt in the cafeteria.*
- *Your best friend invited someone else over to play—not you.*
- *Your new toy just broke.*

Turn It Around!

Instructions: Practice looking on the bright side of life by finding a way to think positively about each negative thought. Write the positive thoughts on the blanks.

"I am probably going to strike out."

"I am the worst at math."

"I have no friends."

"That person is better-looking than me."

"I hate that kid."

Turn It Around!

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"I am the worst at math."

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"That person is better-looking than me."

"I hate that kid."
