

# Kind Thoughts

Our thoughts can impact our behavior and life in both positive and negative ways. In this social emotional learning activity, your child will learn the benefits of positive thinking and understand how our thoughts can impact our bodies, minds, and actions. They will then choose positive statements and images about themselves and create a kind thoughts board to serve as a reminder of the power of positive thinking.



## What You Need:

- [Kind Thoughts Board](#) worksheet
- Markers or crayons
- Poster board
- Photocopied positive images, or magazine clips
- Positive statements/affirmations, cut out
- Glue or tape
- ["Affirmations for Children"](#) video on YouTube

## What You Do:

1. Tell your child that you two are going to take some time to reflect on how some words feel in our bodies and minds.
2. Have your child close their eyes and take a few deep breaths. As their eyes are closed, have them silently repeat after you:
  - a. "Bad..." (Pause for your child to repeat in their mind.)
  - b. "Bad..." (Pause.)
  - c. "Bad..." (Pause.)
3. Ask your child to notice how they feel in their body when they say these words. Pause.
4. Tell them to take a few deep breaths and allow for the words to disappear.
5. Now, have your child repeat the following after you:
  - a. "Kindness..." (Pause.)
  - b. "Kindness..." (Pause.)
  - c. "Kindness..." (Pause.)
6. Again, ask them to notice how they feel in their body when they say these positive words. Pause for them to reflect.
7. Tell your child to take a few deep breaths and to allow for the words to disappear.
8. Have your child open their eyes.
9. Ask them to reflect on what they noticed and how they felt when repeating "bad" and "kindness." Did they feel the same after each?
10. Build upon their answers, and emphasize that positive words can change how we feel and behave.
11. Ask your child why they think positive words can change our behaviors and feelings. Build upon their answers and explain, "When we feel good, we may make more positive choices and have better actions."
12. Tell your child that you're going to play a video for them. During the video, invite your child to listen to the positive words. Your child may say the positive words they notice out loud or in their head.
13. Play the ["Affirmations for Children"](#) video. Pause it periodically to allow your child to repeat positive phrases, and to notice how they feel in their body as they do so. (You may play the entire video, or only the first two minutes.)
14. After watching the video and repeating the phrases, ask your child to reflect on how they feel and what they notice. Which phrases stood out to them?
15. Explain to your child that when we choose positive and kind thoughts, there is a greater likelihood that our actions and behaviors will be positive and kind.
16. Ask your child how someone may behave if they have more negative thoughts, such as, "I am not good enough" or "No one likes me. Build upon their answers and share, "A person with negative thoughts might not try new things or reach out to a new friend."
17. Ask, "Can we change our thoughts?" Explain that we can change our thoughts with practice.
18. Tell your child that they will be putting together a Kind Thoughts Board as a reminder to choose positive thoughts throughout the day.
19. Make it clear that choosing positive thoughts does *not* mean that they should never feel hurt, angry, or sad. These feelings are normal and natural, and we all experience them at times. However, we can learn to bring kindness to these feelings and use tools to make our minds happier.
20. Review the instructions from the Kind Thoughts Board worksheet, and ask your child if they have any questions.
21. Ask them what they would like to include on their Kind Thoughts Board. Show them the positive images and positive words/sentences you have prepared (see page two of the worksheet).
22. Read the positive statement/affirmation cut-outs to your child, or, if appropriate, ask them to read.
23. Ask them to choose three statements they would like to place on their Kind Thoughts Board.
24. Help your child assemble their Kind Thoughts Board to serve as a reminder of positive thinking.