

# Changing Anxious Thoughts

Emily is playing on the playground and she sees some children playing without inviting her. She thinks "Nobody likes me". What thoughts she can have instead?

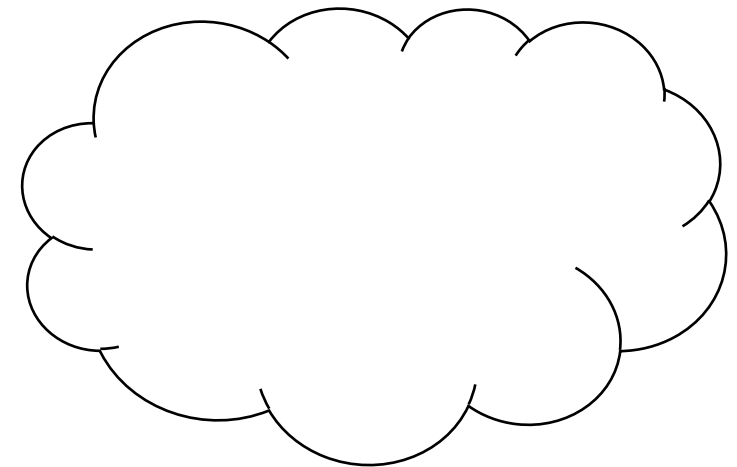
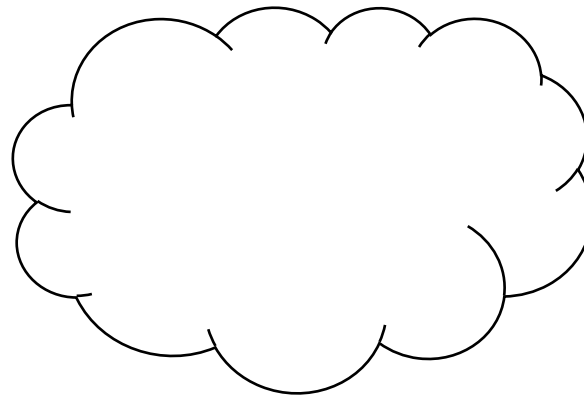
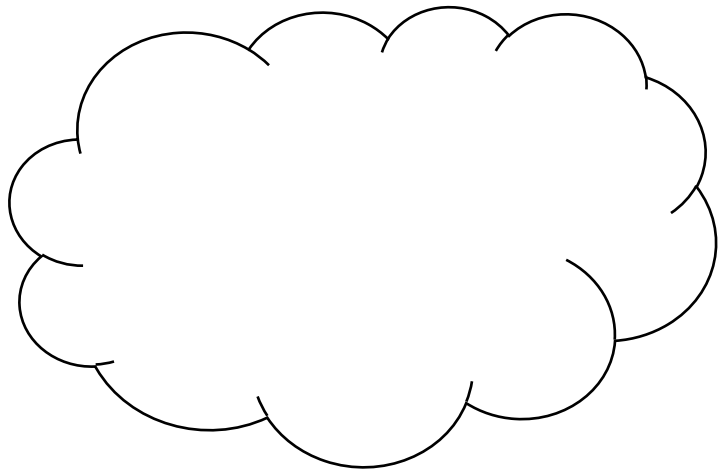
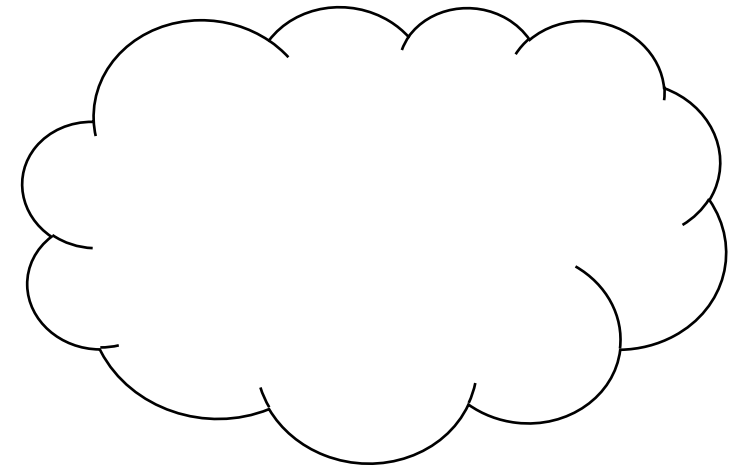
Maybe they didn't notice me. I can go over and say hello.



# Changing Anxious Thoughts

Yvonne is about to give a class presentation, and she starts feeling nervous. She thinks, "I'm going to mess up my presentation, and everyone will laugh at me." What thoughts she can have instead?

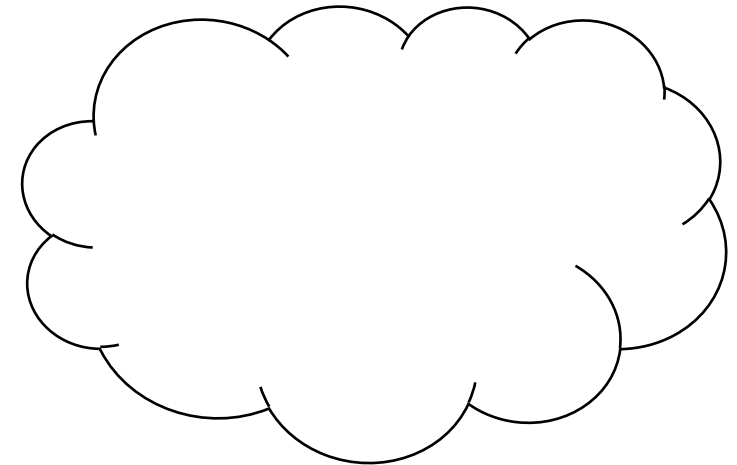
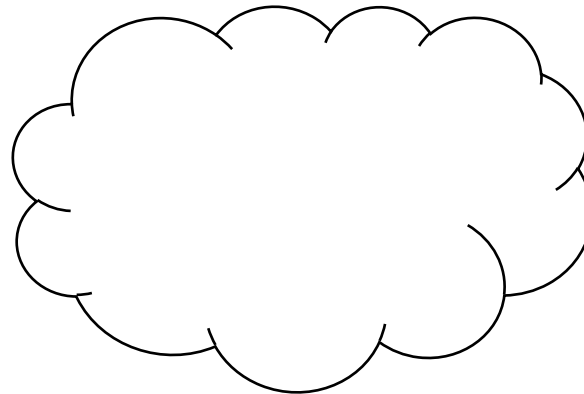
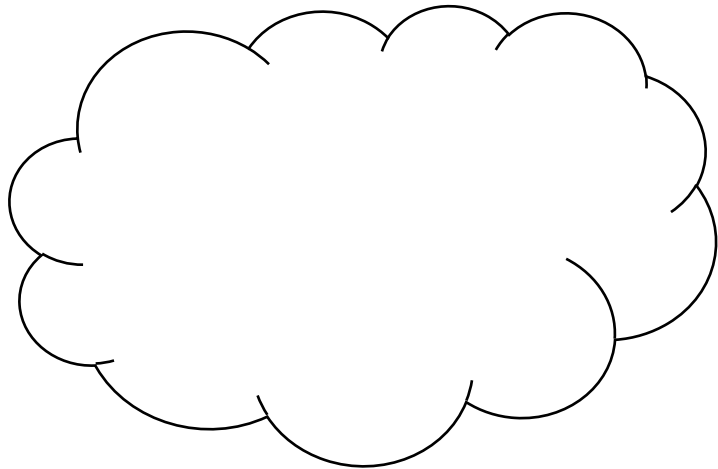
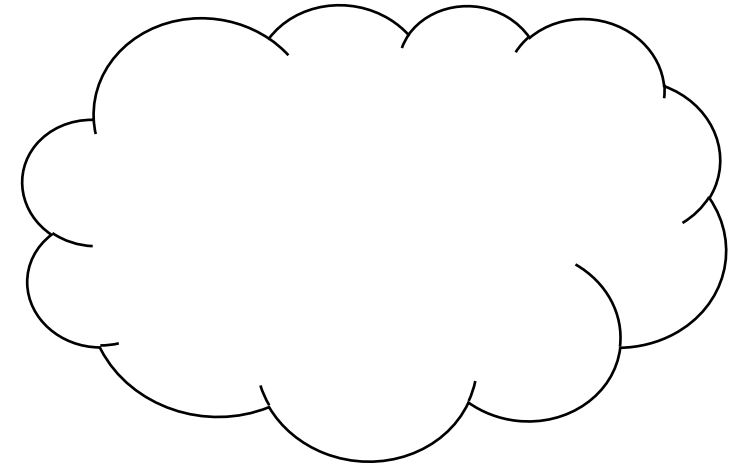
I can do my best and try my hardest. Everyone makes mistakes sometimes, and that's okay.



# Changing Anxious Thoughts

Kenji is about to take a math test, and he's worried about getting a low score. He thinks: "I'm terrible at math, and I'll fail this test." What thoughts he can have instead?

I've practiced and studied.  
I'll do my best.

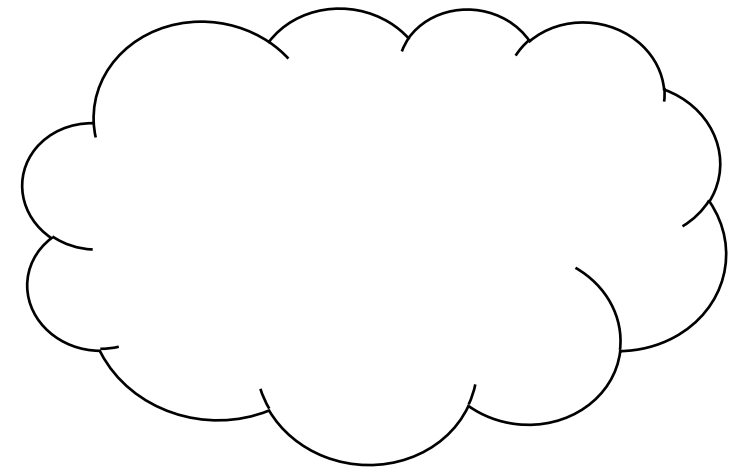
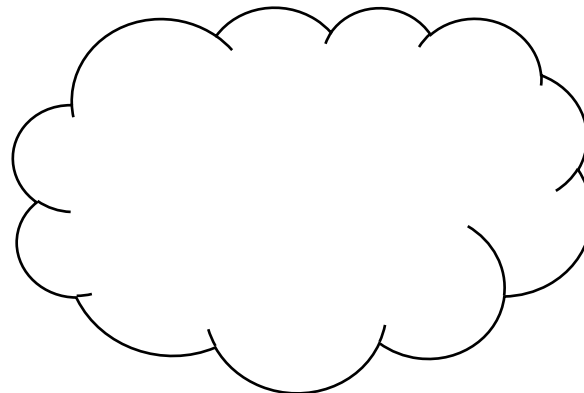
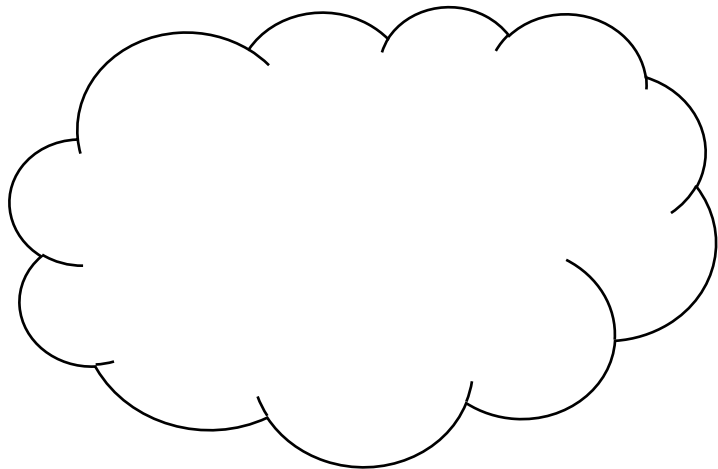
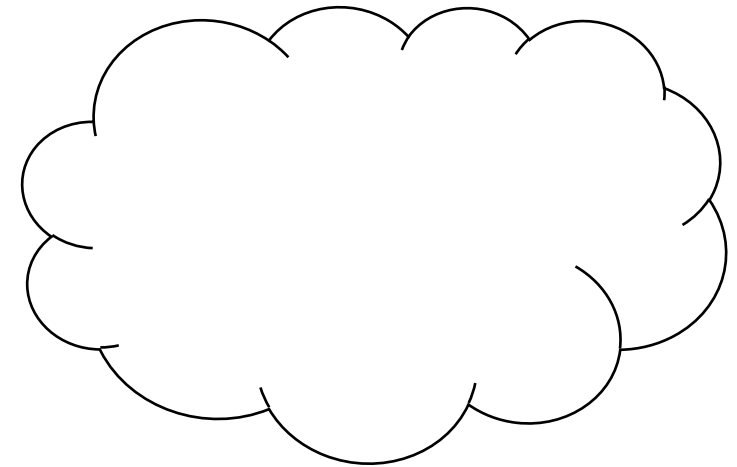


# Changing Anxious Thoughts

Sophie is going to a new school and feels nervous about making friends.

She thinks, "Nobody here will like me, and I'll be all alone." What thoughts she can have instead?

"I can be friendly and say hello to new people. Maybe they'll want to be my friend too."

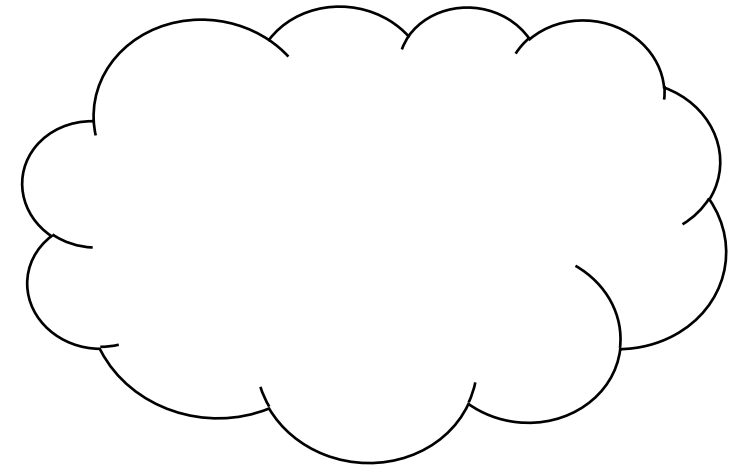
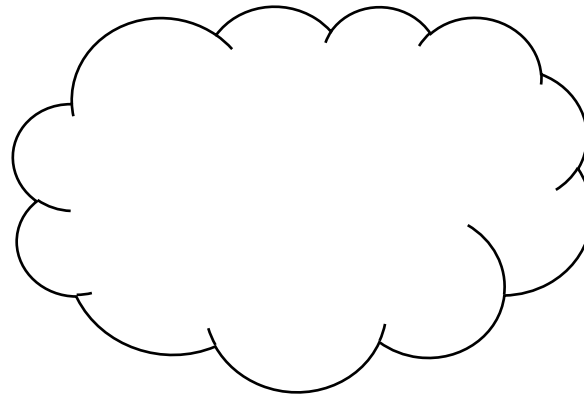
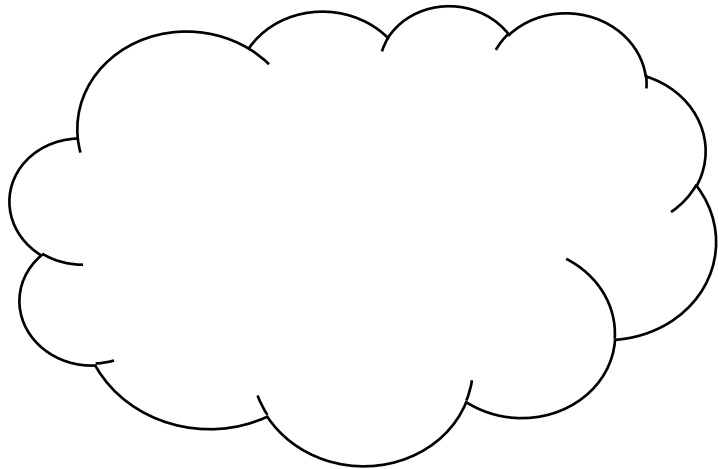
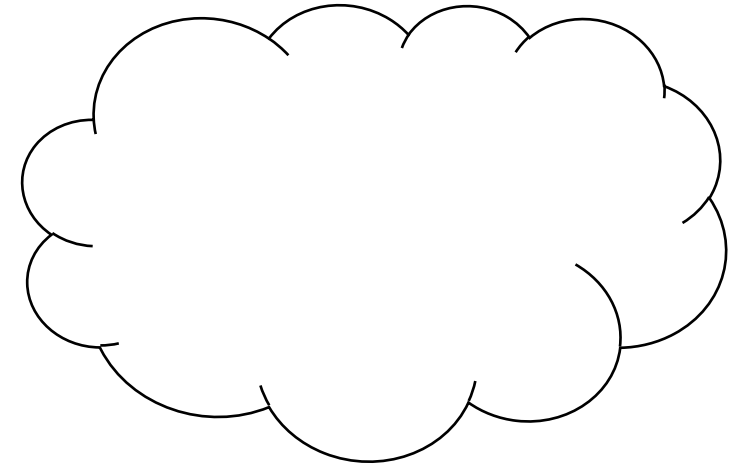


# Changing Anxious Thoughts

Ben is learning to ride a bike, and he's scared of falling.

He thinks "I can't do it. I'm going to fall off and hurt myself." What thoughts he can have instead?

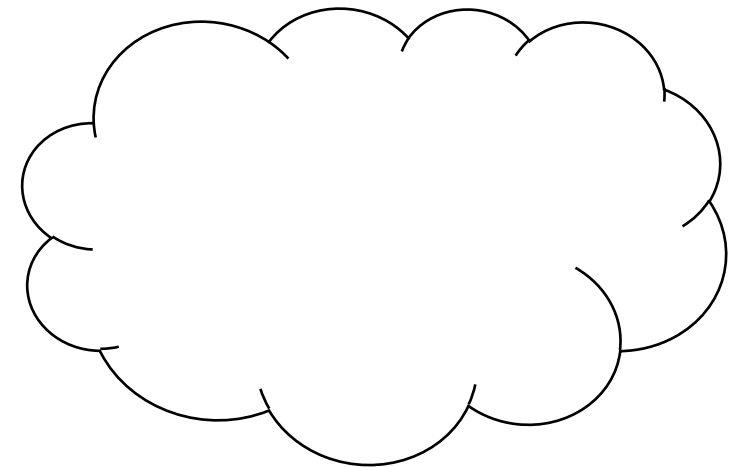
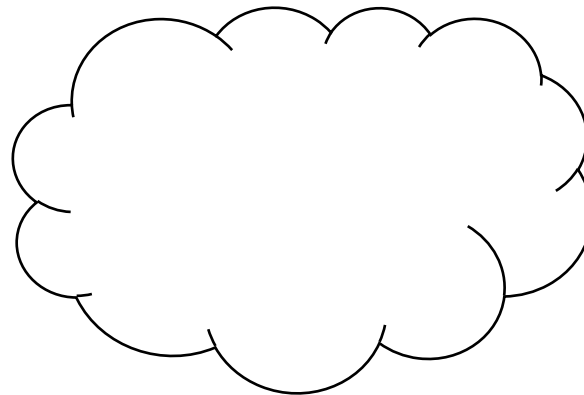
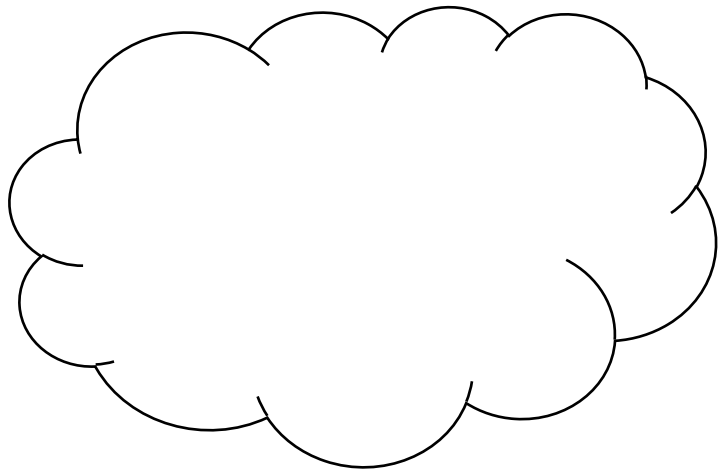
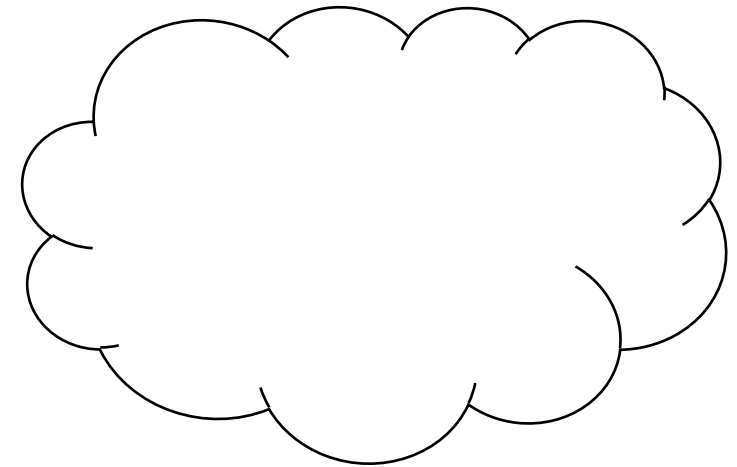
*I believe in myself, and I know I will learn how to ride a bike eventually.*



# Changing Anxious Thoughts

Oliver is afraid of the dark and has trouble falling asleep at night. He thinks "There might be monsters hiding in the dark, and they'll get me if I close my eyes." What thoughts he can have instead?

"I can have a nightlight or keep my teddy with me. The dark isn't so scary."

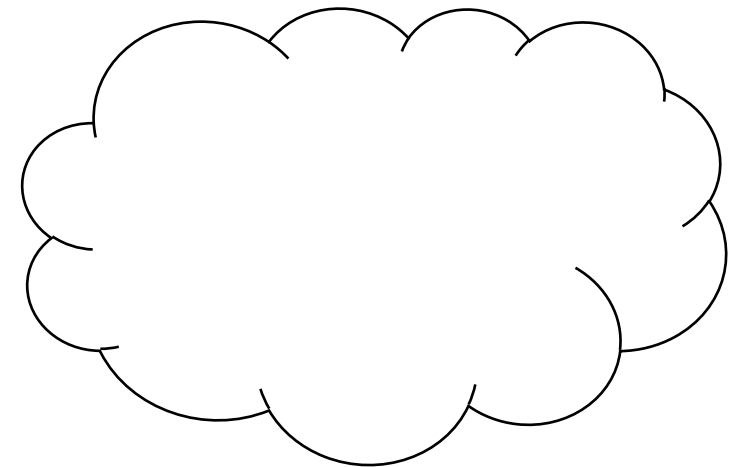
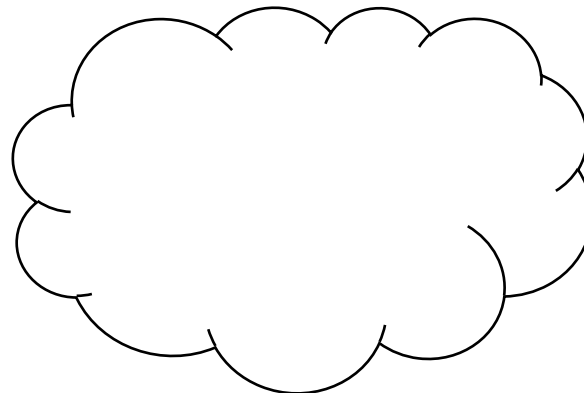
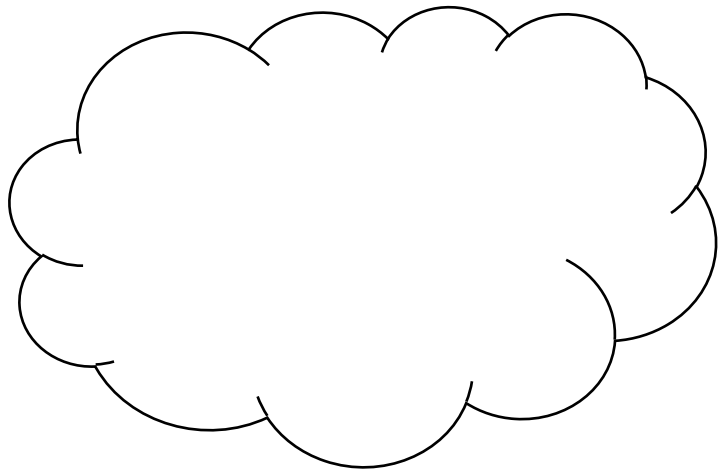
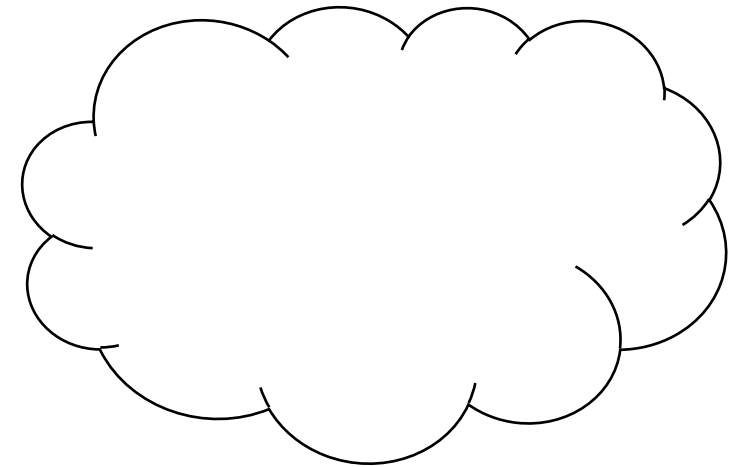


# Changing Anxious Thoughts

Lucy is frightened when she sees a friendly dog at the park.

She thinks "Dogs are scary, and they might bite me.". What thoughts she can have instead?

I can stay calm and ask the dog owner if it's safe to walk around the dog.



# Suggestions for positive thoughts regarding the scenarios above

Emily is playing on the playground and she sees some children playing without inviting her. She thinks "Nobody likes me". "I can join in another game or activity and make new friends." "Sometimes friends are busy, and that's okay. I can have fun on my own for a while." "I can smile and be friendly. Maybe they'll invite me to play next time." "I have other friends who do like me, and I can spend time with them another time." "I know that I'm a likable person and perhaps one day they will see it."

Yvonne is about to give a class presentation, and she starts feeling nervous. She thinks, "I'm going to mess up my presentation, and everyone will laugh at me." "I know my topic well, and I can do this." "Mistakes happen, and that's okay. I'll stay calm and keep talking." "My classmates want me to do well; they won't laugh if I make a mistake." "I can take a deep breath and talk about what I know. I can do it!" "If I make a mistake, it's a chance to learn. Each presentation makes me better." "If someone laughs, it might not be about me. People laugh for different reasons, and I'll keep talking confidently." "If someone laughs, I'll stay calm and keep talking. Mistakes are okay, and I believe in myself."

Kenji is about to take a math test, and he's worried about getting a low score. He thinks: "I'm terrible at math, and I'll fail this test." "I've practiced, so I know more than I think. I can do better than I expect." "It's okay if some math is tricky. I can take my time and try my best." "I'll stay calm and focused during the test to do my best." "I believe in myself, and I can do well on this test." "Even if I don't do great, it's a chance to learn. One test doesn't show everything, and I can keep getting better at math."

Sophie is going to a new school and feels nervous about making friends. She thinks, "Nobody here will like me, and I'll be all alone." "I can be nice and make friends. Some other kids might want friends too." "It's fine to be a little scared; lots of kids feel that way when they start a new school. I'm not the only one." "I can smile and say hi to kids. Making new friends is a chance for fun!" "Even if it takes time, I think I'll find friends who like me for me." "I'm a good person, and I'll let others see that slowly."

Ben is learning to ride a bike, and he's scared of falling. He thinks "I can't do it. I'm going to fall off and hurt myself." "I can learn to ride a bike safely. Many kids do it, and I can too." "It's okay to be a little scared; that's normal when trying something new. I'll go at my own pace." "I'll wear my helmet and be careful. If I fall, I can get back up and try again." "I believe in myself, and I can ride a bike without falling." "Even if I stumble, it's part of learning. I'll become a better rider with practice."



oliver is afraid of the dark and has trouble falling asleep at night. He thinks "There might be monsters hiding in the dark, and they'll get me if I close my eyes." "Dark is just when there's no light, and there are no monsters in it." "I can keep a nightlight on to make the room less dark and feel safer." "My parents are nearby, and they'll keep me safe while I sleep." "I can cuddle with my favourite stuffed animal for comfort." "I'll take deep breaths and relax; that will help me fall asleep peacefully." "Even if I can't fall asleep right away, it's okay. I can lie down, close my eyes, and rest. Sleep will come when I'm ready, and it's important to be patient with myself."

Lucy is frightened when she sees a friendly dog at the park. She thinks "Dogs are scary, and they might bite me.". What thoughts she can have instead? "This dog looks friendly and is on a leash. It's safe to say hello from a distance." "Dogs can be nice and want to be friends. I can approach slowly and let the owner know I'm cautious." "If I'm gentle and calm, the dog is more likely to feel comfortable around me." "I can ask the owner about the dog's name and pet it if they say it's okay." "Most dogs just want to play and be friendly. I can enjoy their company." "I can just ignore the dog and do my own thing at the park. That's okay too."

# About the Resource

The "Changing Anxious Thoughts Worksheets" for children is a valuable resource designed to assist children in managing and transforming negative or anxious thoughts into positive and constructive ones. These worksheets are thoughtfully designed to guide children through this process by presenting real-life situations that can trigger anxiety or negativity.

The primary goal of these worksheets is to address and reframe negative thoughts associated with various situations. Each worksheet offers a structured format, including a situation description, a space to identify the negative thought, and textboxes for recording alternative, positive thoughts. The resource also provides examples of positive thoughts to inspire and guide children in their thought transformation journey.

In essence, these worksheets serve as practical tools for children to develop emotional resilience and enhance their ability to manage their feelings and thoughts in a healthier manner. By encouraging positive thought patterns and providing a structured approach, these worksheets empower children to navigate their emotions more effectively.

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