SEL · MINDFULNESS AND CALMING · GRADES 3–5

Worry Thought or Helpful Thought?

Circle worry or helpful for ten thoughts, then answer a worry thought of your own with a helpful one.

Name: _____ **Date:** _____



Our minds make lots of thoughts. **Worry thoughts** jump to the worst thing that could happen. **Helpful thoughts** notice what is really true and what we can do.

Circle Worry or Helpful for each thought.

Everyone will laugh at me if I get it wrong.	Worry	Helpful
I studied, and I can do my best.	Worry	Helpful
What if I never make any friends?	Worry	Helpful
It's okay to feel nervous. It will pass.	Worry	Helpful
Something bad is going to happen for sure.	Worry	Helpful
I can ask for help if I need it.	Worry	Helpful
I always mess everything up.	Worry	Helpful
One mistake does not ruin the whole day.	Worry	Helpful
My friend didn't wave, so she must be mad at me.	Worry	Helpful
Maybe my friend just didn't see me.	Worry	Helpful

A worry thought I sometimes have: _____

A helpful thought to answer it: _____

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ANSWER KEY · MINDFULNESS AND CALMING · GRADES 3–5

Answer Key: Worry Thought or Helpful Thought?

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



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Circle Worry or Helpful for each thought.

Everyone will laugh at me if I get it wrong.	**Worry**	Helpful
I studied, and I can do my best.	Worry	**Helpful**
What if I never make any friends?	**Worry**	Helpful
It's okay to feel nervous. It will pass.	Worry	**Helpful**
Something bad is going to happen for sure.	**Worry**	Helpful
I can ask for help if I need it.	Worry	**Helpful**
I always mess everything up.	**Worry**	Helpful
One mistake does not ruin the whole day.	Worry	**Helpful**
My friend didn't wave, so she must be mad at me.	**Worry**	Helpful
Maybe my friend just didn't see me.	Worry	**Helpful**

A worry thought I sometimes have: _____

A helpful thought to answer it: _____

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