I Am the Boss of My Thinking

Focus:
Understanding that paying attention to the positive or happy, fun and calm things around you can help with how you face new challenges and disappointments.

Looks Like:
- Students standing tall.
- Students using eye contact.
- Students smiling.

Sounds Like:
Red thoughts are okay but ‘green’ thoughts make the day feel better. “We can’t go camping this weekend because it’s raining, but we can still spend the weekend together.”

Feels Like:
- Being calm and in control.
- Confident in new or challenging situations.
- Happy you were brave