Focus:
Students learn how to change negative thoughts into more positive or ‘helpful’ thoughts which in turn will ‘help’ their behaviour in different situations.

Looks Like:
- Students on task in class
- Students enjoying playtime
- Students smiling

Sounds Like:
- “I’m throwing away the ‘red’ thoughts; they are unhelpful and make me feel upset.”
- “I can have a happy day if I choose to.”
- “What does this thought mean? What will it make me feel or do?”

Feels Like:
- Students feel calm - ‘Green’ thoughts really help.