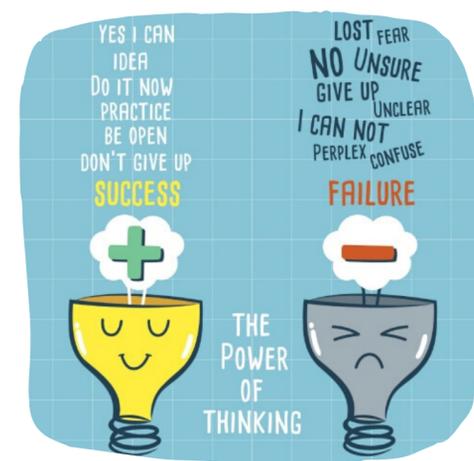


Building Mental Wellness

Red & Green Thought Activities

Did you know:

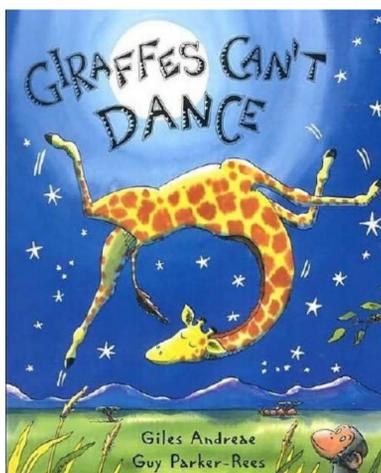
- You can learn how to use helpful **green** thoughts to help you to overcome unhelpful **red** thoughts as a means of coping with life situations.
- **Green** thoughts may not make a situation 100% better, but those thoughts are positive and will help us feel calm and able to cope with emotions.
 - They remind us about the things we enjoy, and are thoughts that make us feel good.
 - These thoughts can also be called **optimistic thoughts** and involve focusing on what is going well in our lives.
 - If we are optimistic, we are more open to trying new things and help us feel better.
- **Red** thoughts are also called **pessimistic thoughts** and focus on unhelpful things in our lives.
 - When we focus on pessimistic thoughts, we are held back and don't try as hard.
 - We are more likely to feel overwhelmed and may struggle to cope.



Can you spot the **red** thoughts?

Read or Watch the animated [video](#) of the book '*Giraffes Can't Dance*', and ask your child to point out the **red** and **green** thoughts.

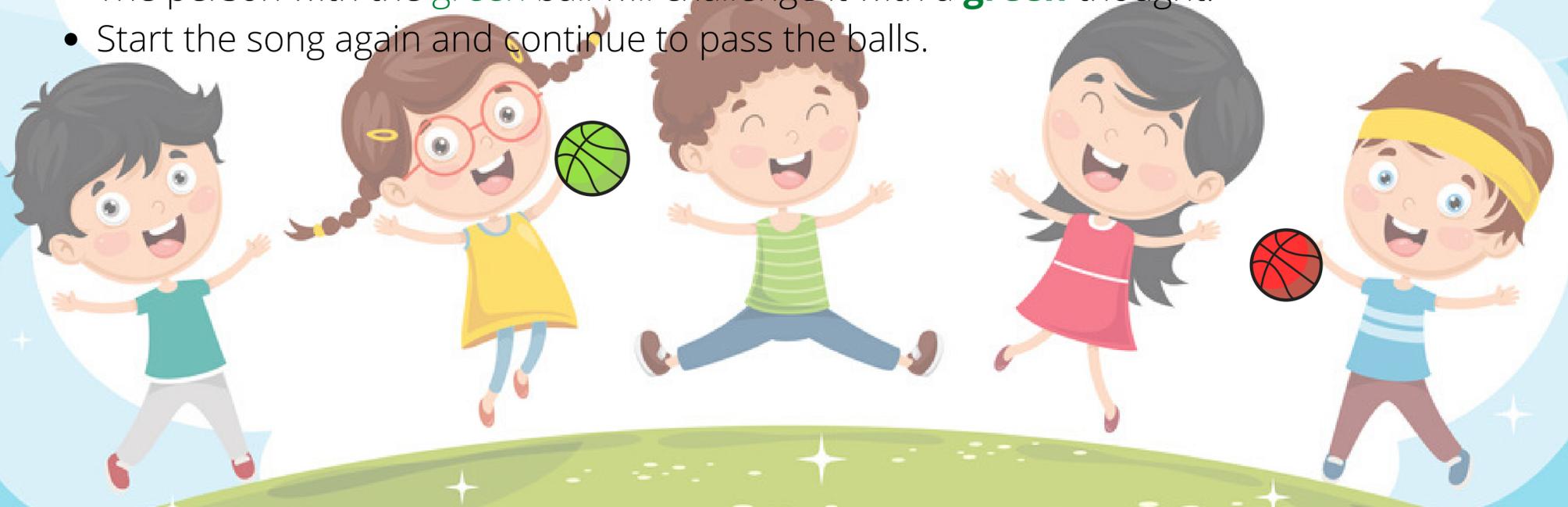
- If you have small **red** and **green** items at home (like pom-poms, feathers or balls), have your child hold up the **red** item when they hear a **red** thought, and the **green** item when they hear a **green** thought.





Red Thought/Green Thought Hot Potato

- This game works best with a group of people, but can be played with two people.
- Stand in a circle (or facing each other) and pass around a red and green ball while playing a song.
- When the song ends, the person holding the **red** ball says a **red** thought for any given situation.
- The person with the **green** ball will challenge it with a **green** thought.
- Start the song again and continue to pass the balls.



Make A Cope-cake!

A Cope-cake is another way of saying coping skill. A coping skill is something that help us feel better when we are mad, worried or sad.

- Help your child brainstorm some of the coping skills that work best for them when they have **red** thoughts or worries.
- Use the skills to create a Cope-cake recipe.
- Then decorate the Cope-cakes using their ideas.
- Some examples are:
 - Take 3 deep breaths
 - Do 4 jumping jacks
 - Think 1 **green** thought
 - Ask for 1 big hug from a loved one
- You can print the page or draw your own to decorate, and then display it at home where your child can be reminded of ways to help themselves feel better when worried.



- Practice these strategies at least twice a day when your child is calm - it is learned best when they are not stressed or worried.
- The more children practice these strategies when they are calm, the easier they are to use in situations that make them feel worried, nervous, or afraid!

My Recipe for Cope-cakes

