

Name _____

Thought Turnaround Answer Key

Sample Guide:

1. I will start to feel better with time and support.
2. Some people care and will listen if I give them a chance.
3. Talking about my feelings can help me heal.
4. I can still do things that make me happy and honor their memory.
5. Feeling sad shows I care and have strong emotions.

Teacher's Guide:

- **Differentiation Tips:** Provide sentence starters such as "It's okay to..." or "I can remember that..." for students needing support. Read the thoughts aloud and brainstorm as a group before writing.
- **Engagement Idea:** Let students write their positive thoughts on paper leaves and place them on a "Tree of Hope" wall display.
- **Extension Activity:** Encourage students to write a short journal entry describing a time they changed a negative thought into a helpful one.
- **Support Strategy:** Reinforce that thoughts influence emotions, and reframing negative ones helps with healing. Offer a calm environment where students can safely share their ideas aloud if they wish.