

Name _____

Stronger Thoughts Answer Key

Acceptable responses include:

1. "People appreciate my effort even if they don't always say it."
2. "I make mistakes, but I learn from them."
3. "Some days are hard, but good things still happen."
4. "I have my own strengths and talents."
5. "I can handle challenges one step at a time."
6. "Each failure helps me grow and get closer to success."
7. "My thoughts and feelings matter."
8. "Good things happen when I stay positive and keep trying."

Teacher's Guide

- **Skill Focus:** Encourages emotional regulation and growth mindset by shifting negative self-talk into positive, empowering thoughts. Builds awareness of emotional intensity and how thinking patterns affect feelings.
- **Differentiation Tips:**
 - Provide a word bank with terms like *grateful*, *proud*, *capable*, *improving*, *strong* for students who need support.
 - Allow oral sharing of answers for students with writing challenges.
- **Engagement Ideas:**
 - Discuss how each positive statement makes the emotional intensity change from small or medium to big positive energy.
 - Have students work in pairs to come up with creative or humorous rewrites for each negative thought.
- **Extension Activities:**
 - Ask students to write three of their own real-life negative thoughts and rewrite them positively.
 - Create a "Positive Wall" in the classroom where students post uplifting statements that can help others on tough days.