

Name: _____

SEED SORT

Read each statement. Cut and glue it into the correct column.

Good Seeds	Bad Seeds

I am smart.	I am not worth it.	I am patient.	I am kind.
I am a bad kid.	I am loved.	I don't belong.	No one likes me.

Name: **ANSWER KEY**

SEED SORT

Read each statement. Cut and glue it into the correct column.

Good Seeds	Bad Seeds
I am smart. I am patient.	I am not worth it. I am a bad kid.
I am kind. I am loved.	I don't belong. No one likes me.

Name: _____

BAD SEED THOUGHT BUSTER

Sometimes a 'bad seed' is a thought that makes us feel sad, scared, or mad. But guess what? We can catch that thought and plant a better one!

Step 1: What is your bad seed thought? Write the thought that's bothering you.
Example: 'I'm not good at this.'

Step 2: What feeling does it give you? Circle or write how you feel:



Sad



Mad



Scared



Worried



Embarrassed

Other: _____

Step 3: Is it 100% true? Sometimes bad seeds try to trick us. Ask yourself:



Would I say this to a friend? Yes No

Is it true all the time? Yes No

Step 4: Plant a good seed thought. Write a kind or helpful thought instead.
Example: 'I'm learning and getting better every day.'

Name: _____

WHAT TO DO WHEN A WEED TRIES TO TAKE OVER

A 'weed' can lead to big feelings that seem to take over our body. It can be anger, worry, or sadness. But don't worry-you can calm it down!

Step 1: What is your BIG feeling? Circle one or write your big feeling:



Sad



Mad



Scared



Worried



Embarrassed

Step 2: Pick your calming tool: Chose 2 or 3 things to help you feel better.
Circle what you try:

Take 5 slow breaths in and out.     

 Write or draw a picture of how you feel.

Listen to music or hum a song. 

 Hold or touch something that feels nice.

Say something kind to yourself like "I am okay." 

 Read a book or look at a picture book.

Squeeze your hands tight, then let go. Do this 3 times.   

 Close your eyes and imagine your happy place.

Ask a teacher or friend for help. 

Step 3: How do you feel now? Circle how you feel:



A lot better!



A little better.



Still upset.

You are learning how to take care of your feelings. Keep planting good seeds!