

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.'