

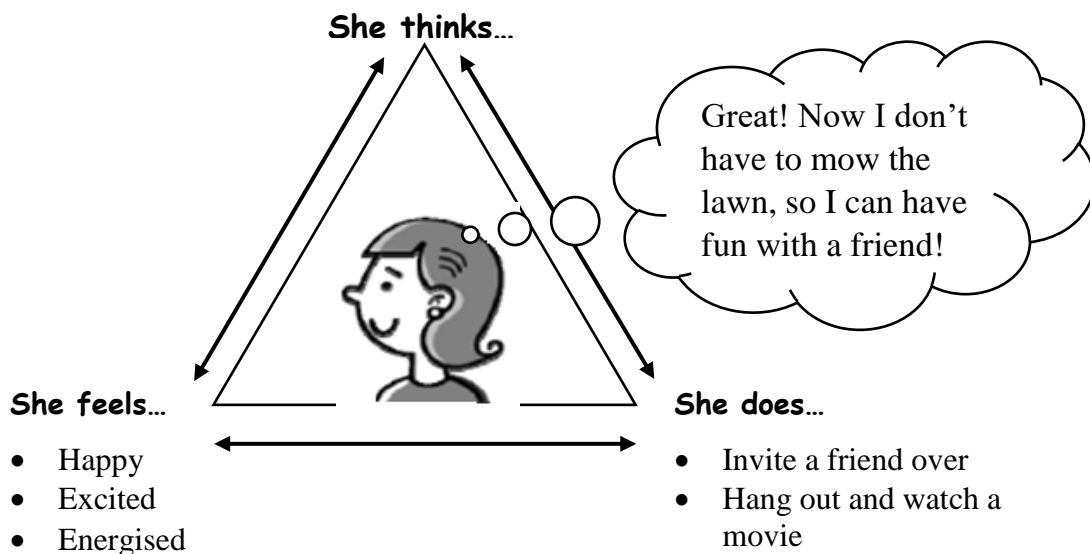
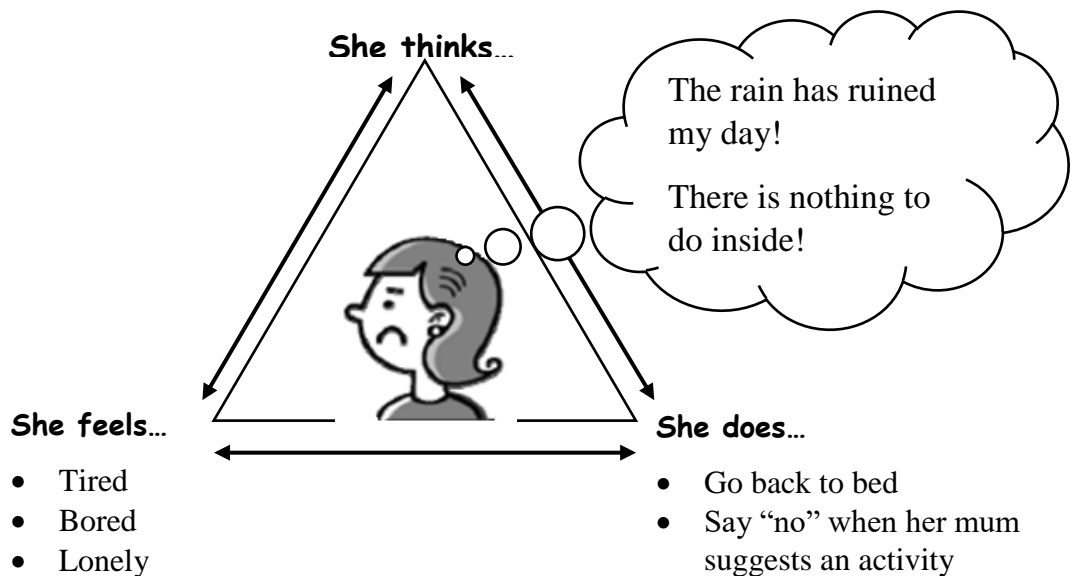


Thinking-Feeling-Doing

Everybody feels sad, down, grumpy, or upset sometimes, but getting stuck in these feelings can be a problem. To get unstuck, we can change how we **THINK** and what we **DO**, because thinking and doing have a big impact on how we **FEEL**.

Imagine a Rainy Day

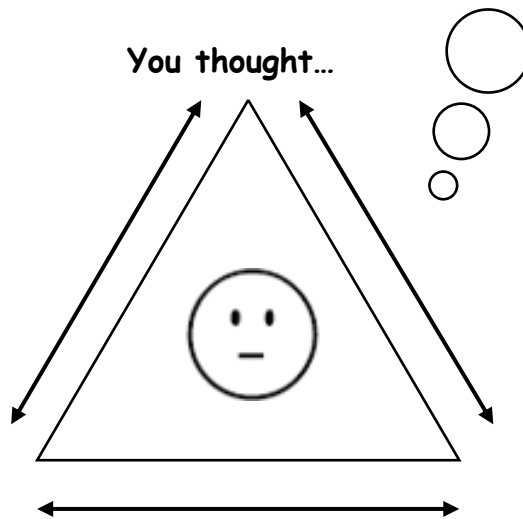
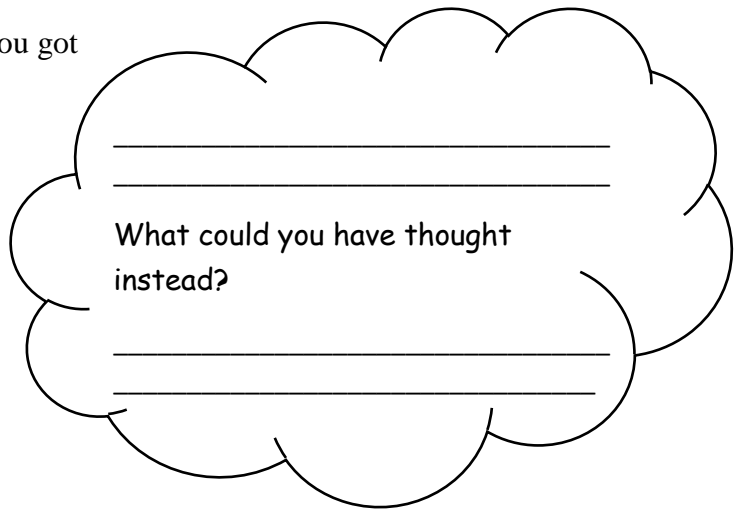
Circle the person below who feels better. What makes that person feel better?



What Do YOU Think, Feel, and Do?

What about YOU? Think of a time recently when you got stuck in a bad mood. What did you THINK, FEEL, DO? If you had different thoughts or took different actions, would you have felt differently?

What was happening?



You felt...

You did...

How might you have felt instead?

What could you have done instead?
