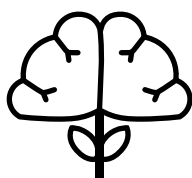


## Weeds in the Garden

Your mind is like a garden, every thought is a seed you plant. Giving that seed attention will make it grow. Some thoughts grow into flowers that help us be our best selves. But other thoughts are like unwanted weeds, getting in our way and taking over our garden plot. As the gardener, we need to deal with these pesky weeds so they don't take over. Check out the different types of weeds below!

### Mind-reading weed

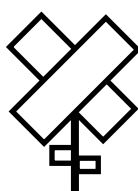
This happens when you jump to conclusions or believe you know what someone else is thinking.



"My mom is going to yell at me."  
"They think I'm weird."

### Labeling weed

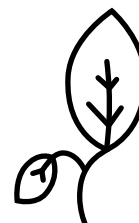
This happens when you label yourself with one single, negative characteristic.



"I'm a bad kid."  
"I'm mean."  
"I'm unfocused."

### Comparison weed

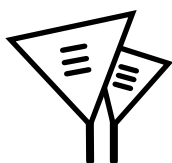
This happens when you compare yourself to others.



"My friends are funnier than me."  
"My brother is smarter than me."

### Negative filter weed

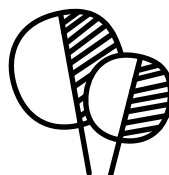
This happens when you magnify the negative, and minimize the positive.



"It was only one A on one test."  
"I messed up the whole game."

### Black and white weed

This happens when you view a situation as all or nothing, with no middle ground.



"I never get picked"  
"You always say no."

### Personalization weed

This happens when you blame yourself for things that might be outside your control.



"Our team lost because of me."  
"It's my fault we have to move."

## De-weeding tools!

You have powerful tools in your toolbox that help you deal with weeds. When you have a pesky thought, try these tools and see which works for you.

### Negative filter weed:

Tool 1: Challenge or question the thought

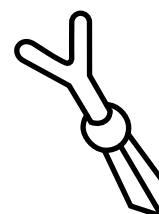
- Fact check: Do I know this is true?
- Are there other possibilities or ways of thinking of this?

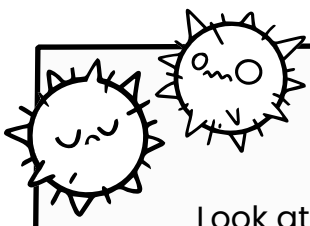


### Tool 2: The power of yet!

Add the word 'yet' to a weed and see how it changes the meaning.

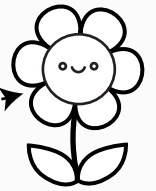
- I'm not good at math ... yet!
- I can't calm down ... yet!
- This doesn't make sense ... yet!





# De-weed with me!

Look at the garden plot and see if you can find any pesky weeds! Cross out the weed and water (draw a circle around) the **positive thoughts**.



**Bonus points for circling the weed type when you find one!**

I never get anything right.

I can't shoot a basket yet.

I'll learn how to skate one day.



I need to break this word problem down into tiny steps

Everyone is going to laugh at me.

This is tough, but I can ask for help



I'm not sure how, but I can try.

I'm bad at piano.

My teammates are faster than me



I'm not good at fractions yet, but I'll get better.

This problem is hard, but I'll take it slow.

My friends think I'm annoying.

