

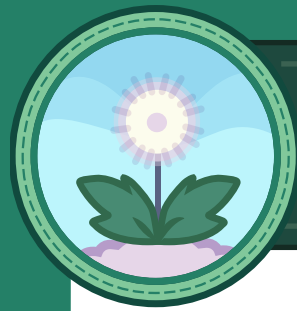


MIGHTIER SKILL PACK

Have you ever had a pesky negative thought? Something that felt so true, but was based on your worries or insecurities? Thoughts like these can be very convincing, impacting our choices, relationships, and self image.



This Pack explores cognitive distortions and strategies to reframe unhelpful thinking patterns. Scan the QR code for more information on cognitive distortions and activities to help your child manage them.



Thought Garden

Managing Unhelpful Thoughts

We all worry, it's natural. Worry helps us plan for difficult situations. A little worry keeps us safe, and can even motivate us to work hard and prepare for the future. If you think of your mind like a garden of thoughts, worry acts a little like a weed. A few weeds are fine, but too many weeds and they start to crowd out our other more realistic and helpful thoughts. When worry takes over it makes it hard to think about anything else.

When we tend to our thought garden, how can we tell what's a worry weed and what isn't? Worry weeds often come in a few different forms. The **mind-reading weed**, for example, sprouts up when we assume we know what other people are thinking about us. Thoughts like, **"They don't like me"** or, **"He thinks he's better than me"** are examples. These thoughts are unhelpful and often untrue. But just like weeds in a garden they can blend in with our more helpful and realistic thoughts, disguising themselves as the truth.

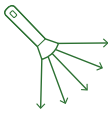
Luckily there are tools to help tend to your garden of thoughts. When worry weeds sprout up, pretending they're the truth and getting in your way, you'll be ready to tackle them!



Fact Check: Do I 100% **know** this thought is true?
What evidence do I have?



Find the Feeling: Is this thought based on a feeling?
A worry or something I care a lot about?



Possibility Play: My assumption may not be true...
What are other possibilities?

So pack up your tools, roll up your sleeves, and get your hands dirty as we explore what it takes to tend to our garden of thoughts!



Unlock the Thought Garden Outfit!

1. Complete Skill Pack  challenges.

2. Open the  Mightier Kid app.

3. Tap your  profile badge on the top left of screen.

4. Tap  and enter the code: **GARDEN**



Slugo (Slugonite)

UNCOMMON

Strengths:

thoughtful, cares about others

Struggles with:

overthinking, confidence, weedy thoughts

"Has a lot on his mind"



Slugo is a caring Lavalings, always thinking of others. He's a good listener and a great friend. But sometimes Slugo has weedy thoughts. He cares so much about what others think that sometimes he gets stuck worrying that other Lavalings don't like him.

He can misread a comment or a look and assume the worst. If he sees friends hanging out, he assumes they didn't invite him on purpose. If something goes wrong, he thinks it's his fault.

To deal with this, Slugo figured out that his thoughts are connected to his mood, and he uses de-weeding tools when he needs them. He de-weeds and checks the facts. Does he know that the Lavalings over there don't like him, or is he just worried that could be the case? Once Slugo realized that his own emotions were twisting his thoughts, he turned into a de-weeding garden pro!



Garden Fun Facts

There are more micro-organisms in one teaspoon of soil than there are people on earth.



Welwitschia is a desert plant that can live for over 1500 years!



Did you know that plants know what time it is?!





What's a Weed?

Learn about these different weedy thoughts, then find two more of each weed hidden somewhere in the Skill Pack!



Mind-reading

Believing you know what someone else is thinking.

"They must think I'm weird"



Less-than Weed

Comparing yourself to others.

"He's funnier than me"



Negative Lens

Seeing only the negative but ignoring the positive.

"It wasn't good enough"



Black & White

Viewing situations as all or nothing, with no middle ground.

"I never get picked"



It's Me Weed

Blaming yourself for things you can't control.

"It's all my fault we lost"



Different Shoes

Can you match the weedy thoughts to their retooled pair? Once you find a pair try to guess what tool: **Find the feeling**, **Fact check**, or **Possibility play**, was used. Check your answers below.

Weedy Thoughts

A. Everyone is going to laugh	B. I never get anything right
C. This will never work out	D. She's annoyed with me
E. They think they're better than me	F. My team lost because of me

Retooled Thoughts

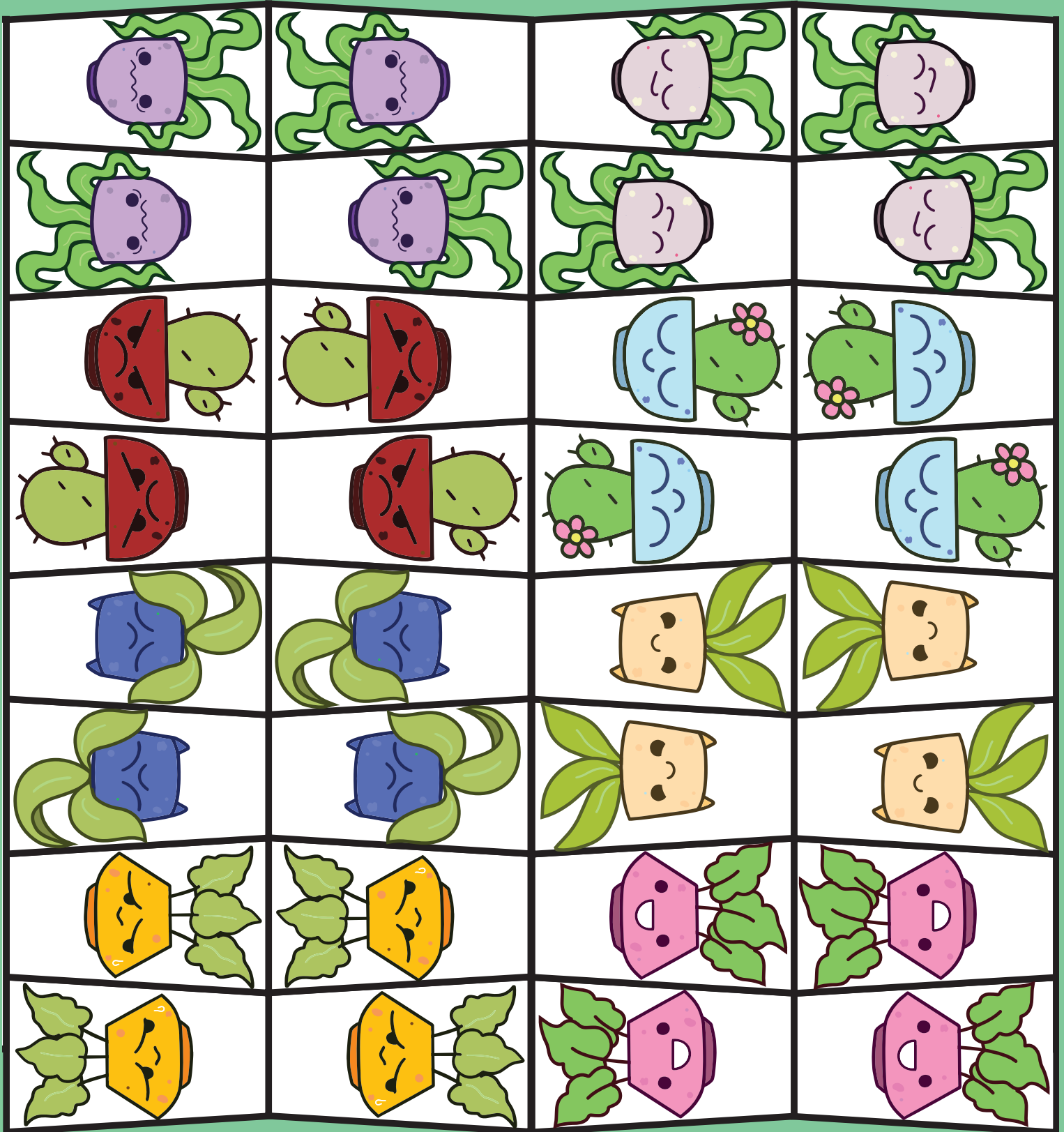
1. The task feels big, so I'm feeling overwhelmed	2. I have no idea what they think
3. Maybe she's just having a bad day	4. I'm worried people will laugh
5. I didn't get this right, but I get lots of things right	6. Maybe we just need more practice together



Weekly Weeder

Ready to grow your garden? Each day pick a plant that matches a strong emotion you felt. Was the emotion connected to any weedy thoughts? If so, try using your tools to turn the thought, and the plant, around! Reflect on your feelings each day and reward yourself at the end of the week!

Instructions on next page



Instructions

1. Cut out the plants and the plant tray by cutting along the solid lines.
2. Create the plant tray by folding it in half along the dotted line, so the brown sides and days are facing out.
3. Fold the side flaps back to help the tray stand up.

