

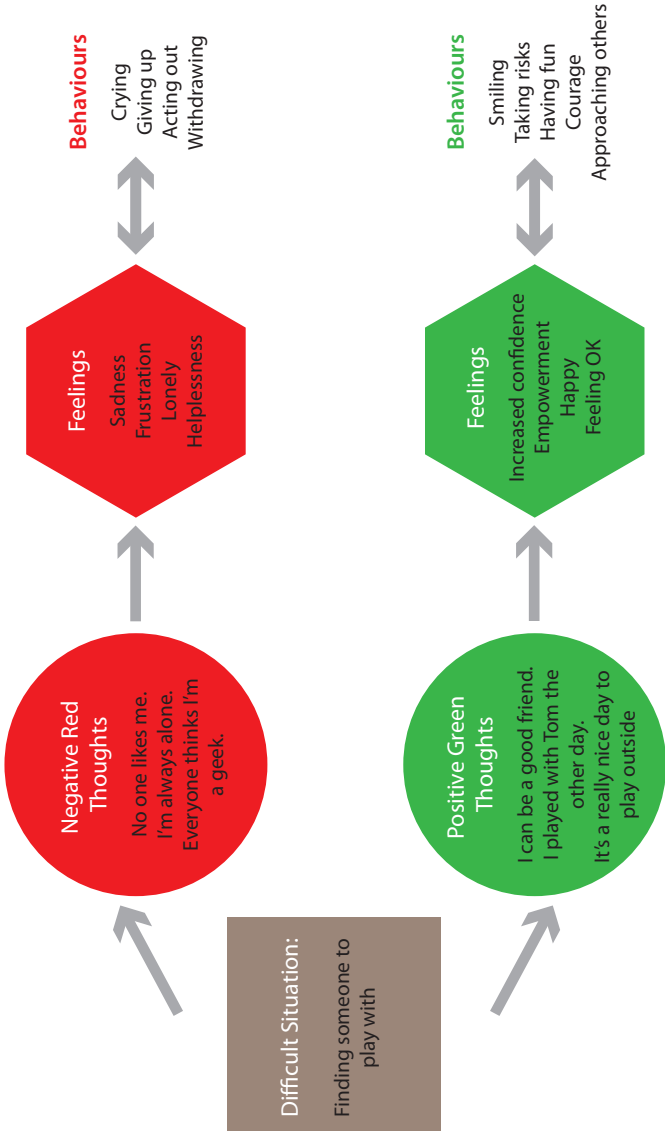
Learning to Think Green Thoughts

Have your child explain what red and green thoughts are to all family members.

Sharing out loud some of your own thoughts helps your child or youth to recognize whether thoughts are helpful or unhelpful.

Encourage your child to focus on the positives of any situation and realistic green thoughts.

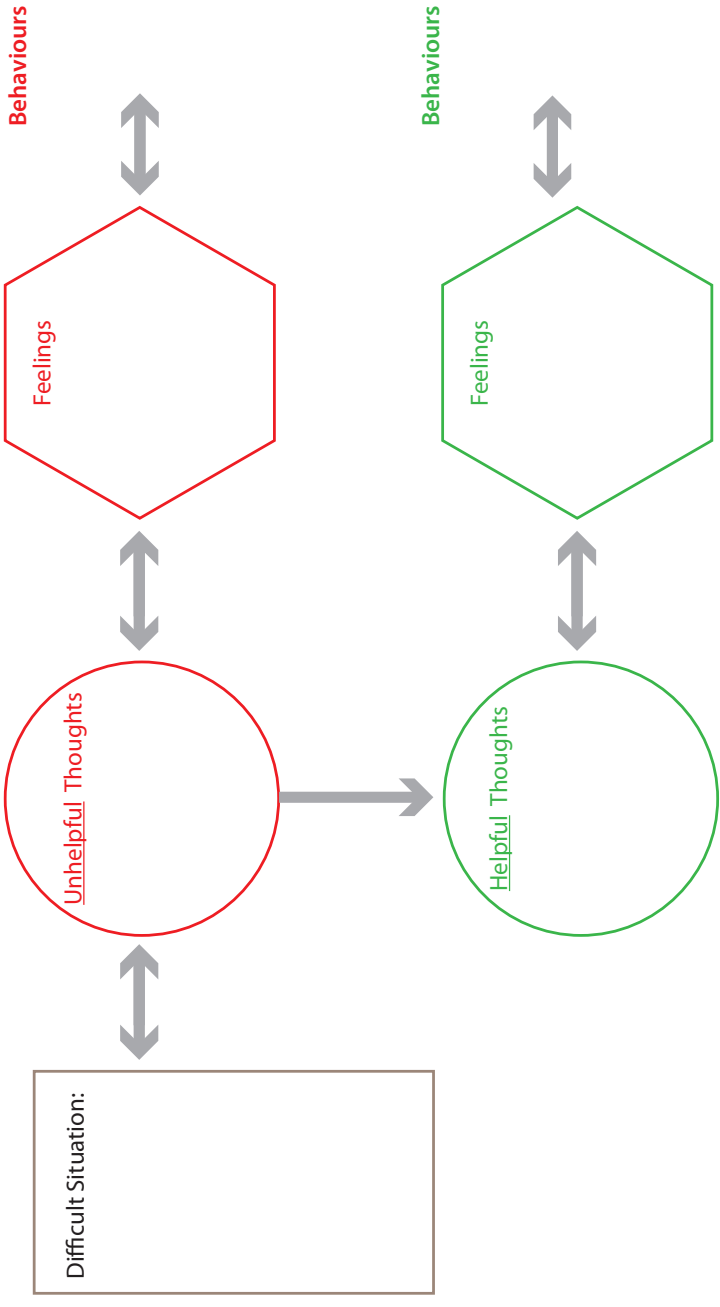
Changing Unhelpful Red Thoughts, Increasing Green Thoughts



Changing Unhealthy Thoughts

Fill in the diagram and learn how to change your thoughts from Unhelpful Red thoughts to Helpful Green thoughts:

Changing Unhelpful Red Thoughts



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