



What can I do to disprove my thought?



What would I say to a friend who had this thought?



Is there another way to look at it?

# Ways to Outsmart Unhelpful Thoughts



Will this matter in a few months or years?



What are other possible outcomes?



What is a more helpful thought?



Is my thought actually a fact?

# Emotional Intelligence Kit

**Ages 5-11**

Your child's guide to mastering their emotions! With this kit, your child will learn to process their emotions in a constructive way so they can grow more attentive, empathetic, and resilient.



"I have been amazed at how this simple printable kit has changed the way my daughters talk to each other and themselves! A real game-changer!"  
- Katharine B.



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