

MINDBRIDGE

Building your own Thought Cloud:

Materials Needed:

- One Pre-cut Brain Per Group
- Writing Utensils
- Stickers or Coloring Utensils
- Glue

Steps:

1. Glue the Pre-Cut Brain on a new piece of paper
2. Decide on one negative thought, and one corresponding rewritten balanced thought with your group.
 - ★ Discuss your own written negative thoughts to decide on one!
3. Label the Left Hemisphere with your “Negative Thought” and Label the Right Hemisphere with your “Positive or Balanced Thought”:
4. Decorate both sides with symbols and colors that represent that thought (Ex: Sunshine in the positive thought side, Clouds in the negative thought side)

Examples:

