



You can “CHANGE the CHANNEL” when you have a heavy thought, feeling or memory.

In the space below, draw or write about a “Channel” that can change your thoughts, feelings or memories from heavy to light.

CHANNEL SWITCHING SCENARIOS

Channel Switching is something GREEN that you can do to lighten your heavy thoughts, feelings and memories.

When you use the Turtle Steps, you can use *Channel Switching* in Step 3:

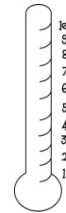
Think of something GREEN to do.



PRACTICE:

Remember the last time you felt sad? Pretend that you are having that same heavy, sad feeling. Use the Turtle Steps and try *Channel Switching* in Step 3 to change that heavy, sad channel to the lighter channel that you made on the other page.

Step 1: Stop and say how you are feeling.



Step 2: Go inside your shell and relax.

Step 3: Think of something GREEN to do.
You can think of *Channel Switching* to lighten your sad feeling!

Step 4: Come out of your shell and *Switch your Channel!*

How do you feel now?
Is your feeling lighter on the thermometer?

