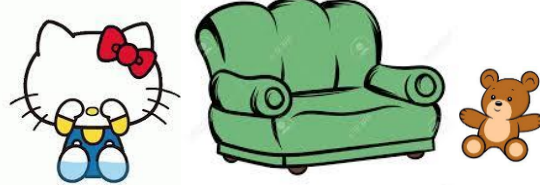


Our brain has LOTS of thoughts!
Thoughts can be true or not true.
Thoughts can be helpful or not helpful.

Sometimes we have not true thoughts that make us feel sad, angry, or nervous.



Hello Kitty loves her stuffed bear. It makes her happy to play with him.

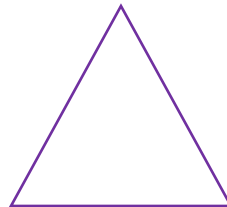
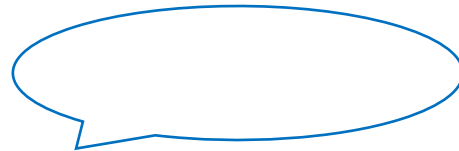


One day, she couldn't find her bear. She looked everywhere. She felt sad and thought, "I will never see him again!"

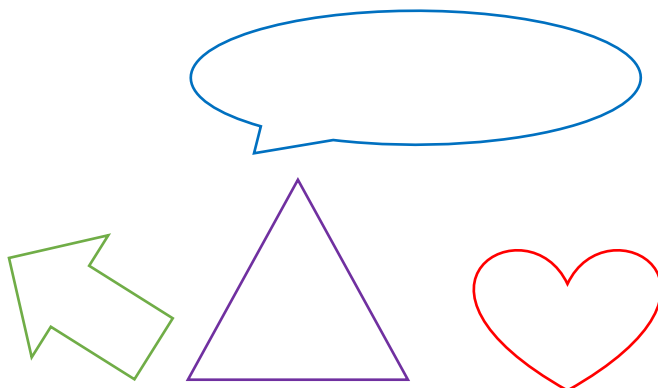
Help Hello Kitty have True and Helpful Thoughts!

Is it TRUE, she will never see her bear again?

What is a more helpful, true thought?



Do a Triangle about an upsetting situation you had.



Are there any more helpful, true ways to think about it?