



... for parents

5.3 THE BIG SWIM

Adopting helpful thoughts

Your child has taken part in an **OFF-TRAIL workshop** on **thoughts**. They learned to challenge their negative thoughts and adopt more helpful ones.

DID YOU KNOW?

Anxious children tend to let their thoughts overwhelm them. Our heads are full of thoughts, some positive, some negative. That's normal! But it can be important to question our negative thoughts and encourage our positive ones.

NOW IT'S UP TO YOU!

You can help your child by reminding them of these basic concepts:

- Thoughts stay in our heads for a while, but eventually leave again. They are not permanent.
- Thoughts don't always represent reality. That's why we shouldn't always believe them or listen to them.
- Thoughts aren't always useful. To find out whether thinking is helpful or harmful, we can ask ourselves the following question: Does this thought help me in the activity I have to do?

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