



Teacher Guide – Teen Module 3

Teen Module 3: Managing Thoughts

Overview for Teachers: In this module, students will learn to better understand and manage their thoughts. They will learn that thoughts play a large role in determining feelings and behaviors, so it is important to gain a deeper awareness of thoughts. Students will learn to assess if their thoughts are true and helpful and to recognize and replace unhelpful thoughts. Finally, students will learn about typical negative thinking patterns and ways to replace these “thinking traps” with more helpful, positive, or realistic ways of thinking.

Introduction for Students: *Today’s lesson focuses on understanding and managing your thoughts. It’s important to recognize how you’re thinking about situations because thoughts play an important role in how you feel and behave. You’ll learn to assess if your thoughts are unrealistic or unhelpful and change these thoughts so you can feel better. Please watch these videos and complete the following worksheets.*

Videos and Worksheets

Videos	Worksheets
Understanding Thoughts Part 1: Introduction and Reframing	<ul style="list-style-type: none"> • Cognitive Triangle Handout • Reframing Negative Thoughts Worksheet
Understanding Thoughts Part 2: Thinking Traps	<ul style="list-style-type: none"> • Thinking Traps

The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain, and empower parents, professionals and policymakers to support children when and where they need it most. Together with our supporters, we’re helping children reach their full potential in school and in life. We do not accept any funding from the pharmaceutical industry. Learn more at childmind.org.