

# Wellness Toolkit: Family Connection

## Teen Module 3 – Understanding Thoughts

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**Directions:** Your child is currently participating in the Child Mind Institute’s Wellness Toolkit in their classroom and has completed the third module which is all about understanding thoughts.

In this module, students learn to better understand and manage their thoughts. They learn that thoughts affect their feelings and behaviors, so it is important to gain a deeper awareness of thoughts. Students learn to decide if their thoughts are true and helpful and to find and replace unhelpful thoughts. Finally, students learn about typical negative thinking patterns and ways to replace these “thinking traps” with more helpful, positive, or realistic ways of thinking.

We encourage you to take some time to discuss the content they have learned and use the questions below as a guide for reflection. Visit us at [www.childmind.org](http://www.childmind.org).

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- *How are thoughts, feelings, and behaviors all connected?*
- *Which thinking traps do you fall into the most?*
- *Describe an unhelpful thought you’ve had recently and tell me how to reframe or change that thought.*