

Positive Penguins Worksheet



Our feelings are not right or wrong. Feelings come from our thoughts about situations. If we have negative thoughts this usually results in negative feelings. Sometimes our thoughts might be right but often we think things are worse than the really are.

To be happier, more and more resilient you need to be aware of all the feelings you have each day and what your thoughts were that led you to these feelings.

1. How are you feeling?

2. What happened to make you feel like this?

3. Why is this making you feel the way you do?

4. Please complete this sentence from your answers to question 1. and question 3.

I am feeling _____ because _____



The 4 Positive Penguins would like to help you challenge your negative thoughts.....



Positive Penguin **Evi** is like a detective and she wants to know all the facts – there will be reasons to support your thinking and reasons that do not support your thinking – have fun thinking up all the different facts and list them below:

Tell me the reasons why you think this way?

What reasons would other people give to tell you your thinking may be wrong?

Positive Penguin **Ollie** always sees the bigger picture and he wants you to tell him what other things might be going on to make you think this way?

What other things are going on that might make this situation seem worse?



Positive Penguin **Happ** wants you to list out all the different things that might happen. He wants to make a plan for all the possibilities. He likes to be prepared!

What are all the different things that might happen:

Good:

Bad:

Most likely:

Positive Penguin **Buddy** wants to know what you would say to a friend who is upset because they think the way you do. He feels that often we are much better at helping friends out than we are at helping ourselves

What would you tell a friend who felt the way you do?



Well done, you have challenged your negative thought.
You can choose to listen to Buddy and follow your own advice.

No-one makes you feel a certain way.

You have the power to change your feelings.

If we change our thoughts we may change our feelings

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