

Lesson 6:4 – I Will Love My Thinking

Total Lesson Time: 20 Minutes

Overview

In this lesson, the Zainy reviews information from lessons 6:1 (I Will Love my Brain), 6:2 (I Will Love My Boss Brain), and 6:3 (I Will Be Mindful). Zainy recaps the three promises from the previous lessons. Ralphy introduces the promise for this lesson: I Will Love My Thinking. Ralphy reminds viewers that our thoughts are powerful and how every thought we have can change the way our brain and body feels. Ralphy notes that our thoughts are automatic, and that the Automatic Negative Thoughts we have are called ANTs. Ralphy concludes by reminding viewers they can squash their ANTs by asking the 2 Superpower questions: Is that thought true? And, Is that thought 100% true?

Key Vocabulary

- Supercharge: Make fast or more powerful
- Brain: The brain is a soft organ that is inside our skulls. The brain controls all of our thoughts, feelings, senses, and our body.
- Automatic Negative Thoughts (ANTs): The negative thoughts that can enter our brain automatically throughout the day. These thoughts may be rooted in anxiety, guilt, and/or shame and can hijack our day if we are not careful. There are several ANT species. This curriculum focuses on two specific ANT species, the “Just the Bad” ANT and the “Blame” ANT.

Lesson Plan

Part I: Connect (3-5 Minutes)

- Class Discussion: Teacher asks for ways students practiced mindfulness since the last lesson

Part II: Engage (5-7 Minutes)

- Show the Lesson 6:4 Video to students

Part III: Apply (10 Minutes)

- Students practice squashing their ANTs

Lesson 6:4 – Connect

Class Discussion: Teacher asks for ways students practiced mindfulness since the last lesson.

Lesson 6:4 – Apply

Squashing our ANTs

- Teacher leads class in identifying any Automatic Negative Thoughts (ANTs) that they may have
- Teacher leads class in using the 2 Superpower Questions to squash the ANT
 - 1: Is that thought true?
 - 2: Are you 100% sure that thought is true?
- Teacher notes how our feelings change when we fight back and then squash any ANTs that might be lying to us

Example:

1. Nobody ever plays with me
 - a. Is that thought true? Well, maybe? Nobody wants to play with me right now.
 - b. Are you 100% sure that thought is true and that nobody EVER plays with you?
Well, of course not. I played with my friends just this morning at recess and had lots of fun.
2. I'm bored. I have nothing to do.
 - a. Is that thought true? Yes! I really feel bored. I can't think of anything to do!
 - b. Are you 100% sure that thought is true and you have NOTHING you can do?
Well, of course not. I have an entire box of toys in my closet, Play-Doh, paper and pens to draw with, and much more.