

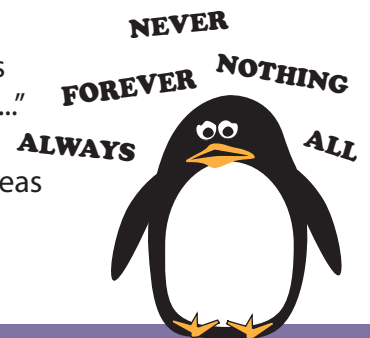
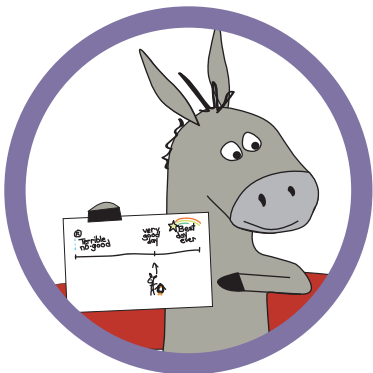
Help kids with black and white thinking.

Kids naturally think in categories, and it takes time to develop in-the-middle thinking. In every fairy tale, there are only two sides; (1) the “good” princess or hero and (2) the evil villain. Everyone in the story becomes associated with one side or the other. By thinking in black, white AND GRAY, we can help kids see more options than “good” and “bad.” Black and white thinking is “all or nothing” thinking and can sound like this:

- “We NEVER do anything fun” (when they just did something fun yesterday).
- “I’m BAD at this” (while trying something for the first time).

Black and white thinking leaves no room for hope or further examination of the issue, so it makes things seem worse than they are. Helping kids find the gray area can help them cope and find joy with the ups and downs and everyday life.

- Substitute absolute words. Try “sometimes” instead of “always.”
- Ask questions that deconstruct negative statements. If a child says “I hate school,” see if there is at least one part that they do like. Break “school” down into all of the different parts such as recess and interactions with other children. While it may point to some good highlights, it is also a good exercise to break a big problem down into smaller pieces.
- Try “AND” instead of “OR.” For example, “this book is good AND bad. Here’s what I do like AND don’t like...”
- Use a sliding scale to demonstrate that there are areas in between “great” and “horrible.”



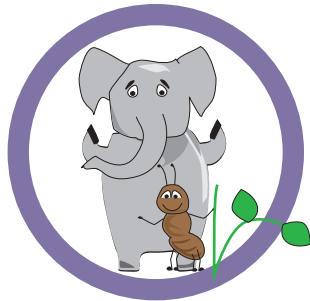
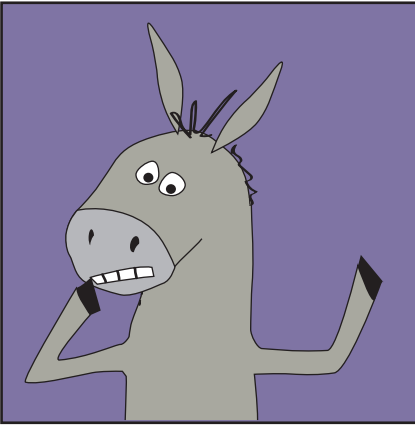
Help kids make decisions when they’re anxious.

- Set kids up for success by giving them some “can’t go wrong” practice questions.
- Narrow the choices to as few as possible.
- Set the expectation that there is no wrong answer.



Help Donkey Decide!

Donkey likes to think about EVERYTHING before making a decision. It is good to think carefully, but SOMETIMES Donkey cannot answer questions quickly. Each of these "Would you rather" questions only has one answer. The good news is that there is NO wrong answer. Either answer can be right as long as you can explain your reason. Help Donkey answer these fun questions!



Would you rather...

Be an elephant or an ant?



Ride in a rocket or a pirate ship?



Meet a dinosaur or a unicorn?



Find a leprechaun or a genie lamp?



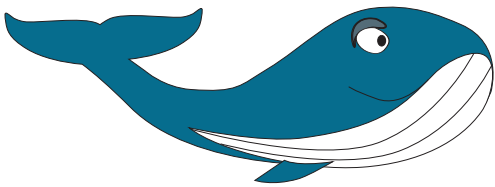
Live in a castle or a fairy cottage?

Help Penguin see the gray!

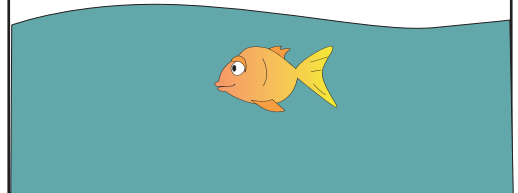
SOMETIMES Penguin gets extra upset because things seem worse than they are. It can help Penguin to see that one bad thing does not make the whole day bad. Things are not always one way or the other (black or white). Help Penguin see that there are things in-between.

Look at the opposite pictures on this page. Draw something in the middle to help Penguin see the in-between.

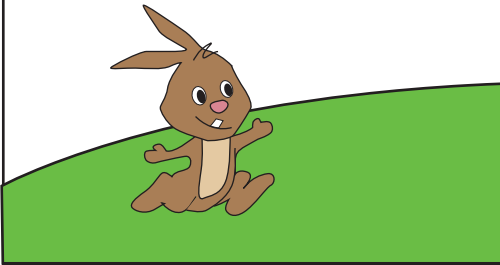
BIG



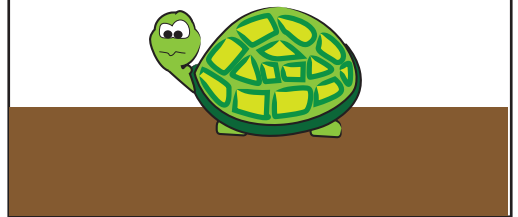
SMALL



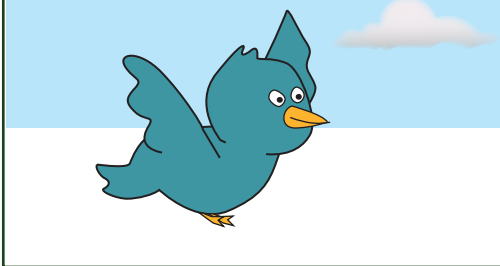
FAST



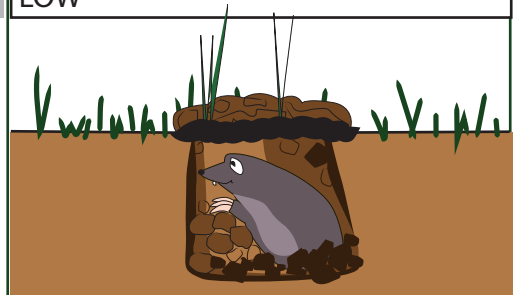
SLOW



HIGH



LOW



HOT



COLD

