mooki WELLBEING

10-minute activity

Stinking Thinking

Catch it, feel it, change it!

Name _____ Date _____



Catch it! What happened?



Feel it! How did it make you feel?



Change it! What could help?

1 _____

2 _____

3 _____

FOR THE GROWN-UP

Pick one thing from the Anger Triggers sheet. Work down the page together.
Write 2–3 ideas that could help. Come back to this whenever they feel unhappy.

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