

THOUGHTS COME & GO

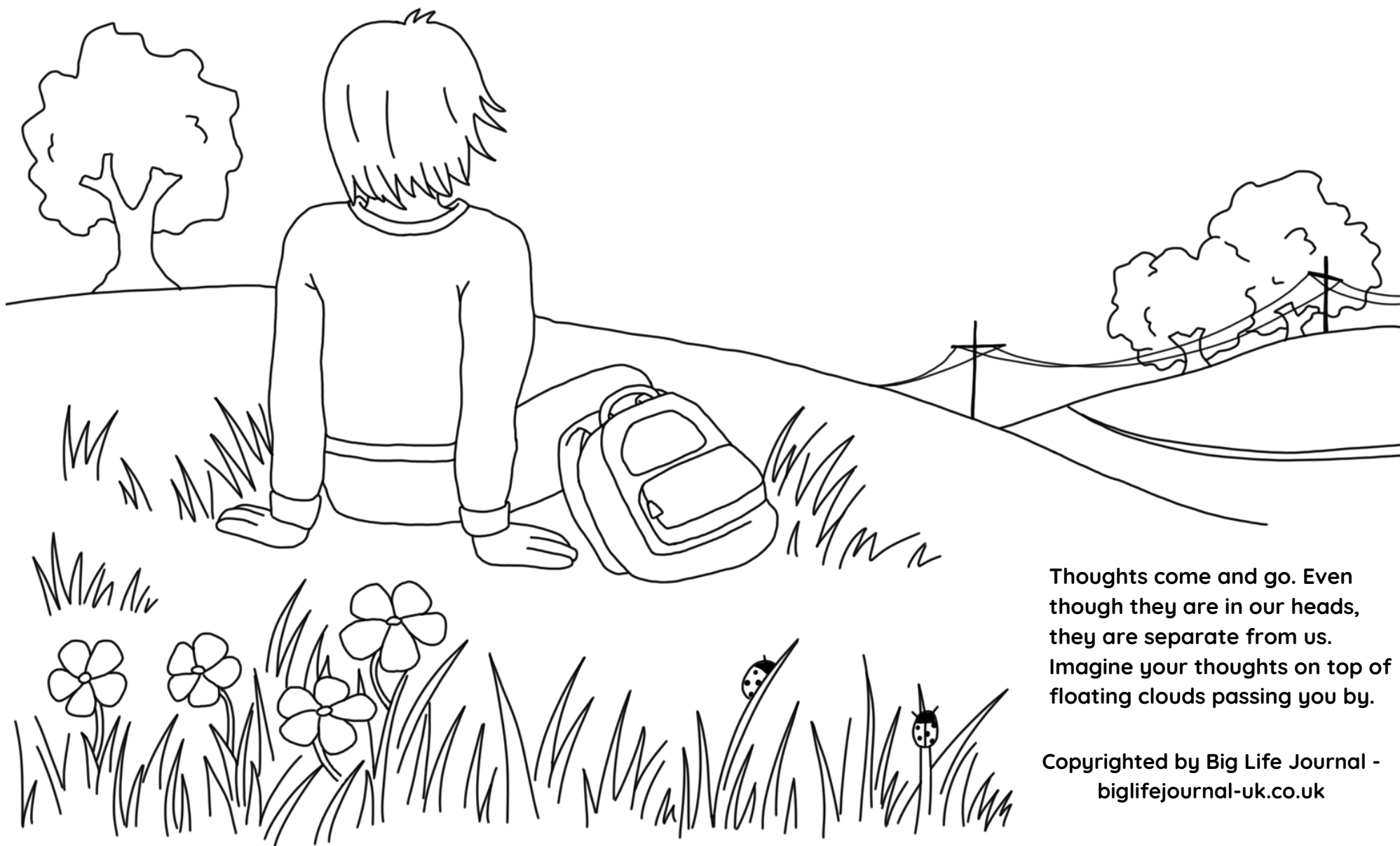
Thoughts come and go. Even though they are in our heads, they are separate from us. We can imagine our thoughts on top of floating clouds passing by us in the sky.

How to Make

- 1 **Print** pages 2 and 3. Tape the two pages together.
- 2 **Print** page 4 and cut out the clouds. Colour the poster if you wish.
- 3 **Paste** the clouds on the poster. Write some frequent thoughts you have about yourself or others on the floating clouds. Imagine these clouds floating away from you.

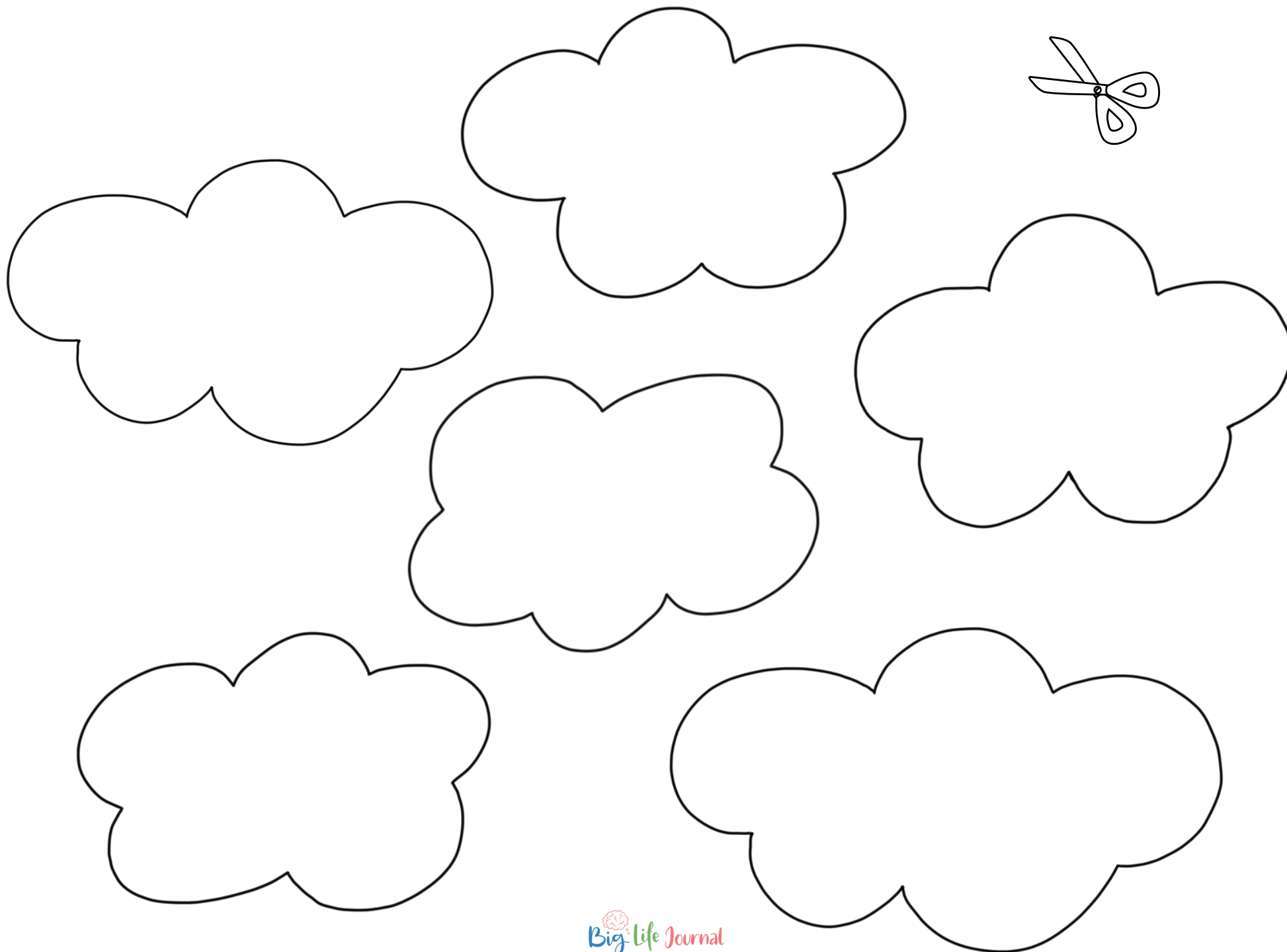


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EPISODE 52 GUIDE

IN THIS EPISODE, CHILDREN WILL

- hear about **Flynn**, a real Big Life Kid with Tourette's Syndrome
- learn they can **choose to be proud** of everything that makes them who they are
- discover new **strategies** to deal with their negative self-talk

DISCUSSION QUESTIONS

- Leo and Zara mention some unique band names on their community, Sunny Soul Community Radio. If you were to make up a name for a band, what would it be?
- Leo made a mistake during his radio broadcast and was hard on himself for it. What is one thing you would tell Leo to make him feel better about his mistake?
- Flynn used to be embarrassed by his tics but then he chose to be proud of them and everything else that makes him unique. What are three things about yourself you can choose to be proud of today?

TRY THESE ACTIVITIES

1. As mentioned in the episode, create a "Jar of Awesome!" This simple craft, which is included in our [Podcast Season 1 & 2 Printable Kit](#), gives your child the chance to reflect on all the things that make them awesome.
2. Listen to Big Life Kids Podcast [Episode 9: Celebrate Your Uniqueness](#). In this episode, Leo and Zara discuss how to embrace who you are.
3. Read through these [41 Confidence Quotes](#). Have your child make their own confidence quote by having them define what confidence means to them.

*Listen to Episode 52: Zara and Leo present... the Sunny Soul Radio Show!
on Apple, Spotify, Google, and other podcast platforms.*

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I purchased the growth mindset kit for my daughters and I have seen such great changes in the way they view obstacles. They are more open to finding solutions. I also use them in my therapy sessions."

- Alexandra D."

★★★★★

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"I have been amazed at how this simple printable kit has changed the way my daughters talk to each other and themselves! A real game-changer!

- Katharine B.

★★★★★

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