

## Teacher-Counselor Connection

**Date:** Jan. 10, '22 **Lesson theme:** Fact Checking

Remember: *Our thoughts, feelings, and actions are deeply connected (think worried thought, feel worried, act out of worry)* This is the foundation for many of our skills.



### Tidbits & Takeaways:

- When we notice our *worry thoughts* are negatively affecting our feelings and leading us to make choices that give us more hard feelings, it's time to *check our thoughts!*
  - Are they true thoughts? *OR* are they thought holes, taking us spiraling down, down, down
- Thought check with these reflections:
  1. Look at all the facts *try not to focus on just one or two negative facts. See what other facts are out there!*
  2. Think about the past *has something like this happened before? How did it turn out? Was it the worst thing you were expecting?*
  3. Look for counter-evidence *what evidence or proof is there against your worry?*
  4. Look for alternative-evidence *what other causes could be true in this situation? What else could this situation mean?*
  5. Put it in perspective *what's the best thing that could happen right now? Is there anything good about this situation? Will it matter next year? Next week?*

Remember: This come after healthy validation of our students' emotions, not in place of them. Feel free to have this handout ready for your kids to walk through at their own pace! (I have copies too 😊)