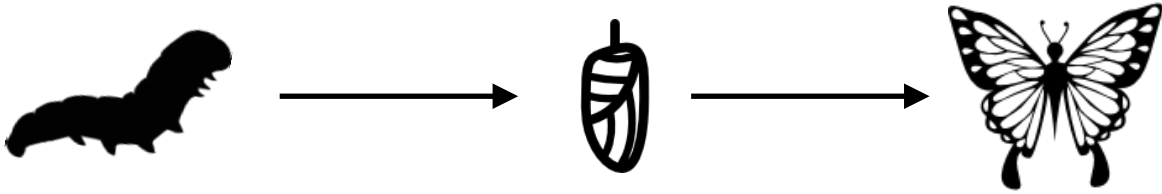


Name: _____

Caterpillars to Butterflies



Tests are scary, but sometimes our thoughts can make it worse. Just like how a caterpillar can transform into a butterfly, we can transform our negative thoughts into positive ones. This is called 'positive self talk.'

Look at the examples below and transform the negative thoughts into positive ones. Then, consider the negative thoughts you think during tests. Write them down and transform them!

Examples:

“I don’t know enough!” — — — — —> “I studied hard for this!”

“If I screw this up, I’m a failure” — — — — —> “There will be other tests. This doesn’t define me”

“Everyone knows more than I do” — — — — —> “Everyone goes at their own pace. I’m just as good as them.”

Your turn!

1. “I can’t get this question right.” — — — — —>

2. “I’ll never be good at spelling.” — — — — —>

3. “My family will be so disappointed in me” — — — — —>

4. _____ — — — — —>

5. _____ — — — — —>