



Keeping an Open Mind

Introduction

Name: _____

Date: _____

- 1 Shay was able to notice how Natalie was thinking about him changed from his Closed Mind to Opening his Mind to her idea. Look at the picture below. What do you see in The Big Three (eyes, eyebrows, mouth) that tells you how Natalie is feeling?



- 2 What is one thing Shay learns when he tries Natalie's way?





Keeping an Open Mind

Introduction

DIRECTIONS: With an idea from your real life, walk through the steps to go from a Closed Mind to an Open Mind.

STEP 1

Name one of your Closed Mind ideas.

(Think of things you don't like changed or taken away.)



STEP 2

What's the new way you were asked to try?



Keeping an Open Mind

Introduction

STEP 3

The first few times, you might feel upset when you're opening your mind to new ideas. Name or draw your best calming strategy for this situation.

STEP 4

Picture yourself doing the new way. Draw or describe it.



Keeping an Open Mind

Introduction

STEP 5 We can use self-talk to tell ourselves positive things. My self-talk will be:



STEP 6 Make a plan to try your Open Mind the next time it comes up. When do you think that will be?

What I'll be asked to do	
Time	
Day	
Where	