



BRIGHT THOUGHT

bookmarks

Ages: 7-14



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bookmarks

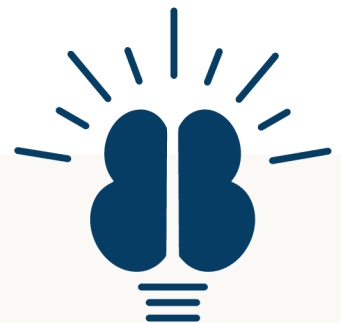
Tips for Use

We all have hard things from the past or uncomfortable feelings that can weigh us down. Let's think of those as metaphorical "books" in our backpacks. Usually, we can't take those books away, but we can "bookmark" them to set them aside for a bit.

1. **Share the backpack and bookmark metaphor.** Titles in the [Your Invisible Backpack series](#) make it easy!
2. **Give kids some time to reflect alone or in small groups.** What thoughts might help them get past what's weighing them down? What might help them find the calm they need to move on to the next part of the day?
3. **Have kids choose a Bright Thought bookmark to decorate or design their own.**

This activity is perfect for the first week back from a long break or whenever someone's "backpack" is especially heavy, even adults!

Visit [JessicaSinarski.com/bright-thought-bookmarks](https://www.JessicaSinarski.com/bright-thought-bookmarks) for more ideas to bring this into your small group or classroom.



BRIGHT THOUGHT BOOKMARKS



I know this
might be tough,
AND...

I know I can
get through it.

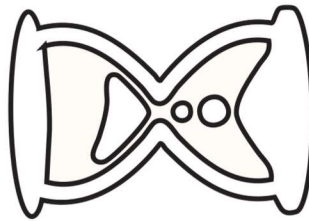
I can use my
whole, wise brain.



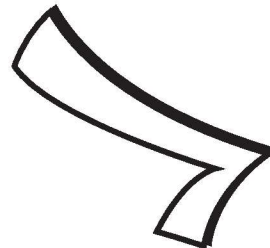
START
SMALL





5-
MINUTE
TIMER



Make
A
Plan



I WILL
STOP AND THINK
BEFORE I REACT.



I WILL SPEAK UP AND WORK IT OUT.



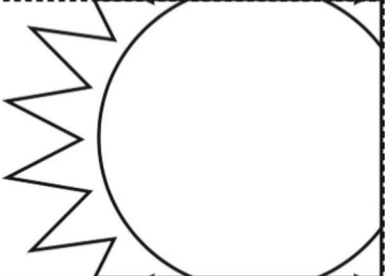
I WILL RELAX MY FACE AND SHOULDERS.

I WILL TRY AGAIN.

I will BE KIND to myself.

BREATHE IN CALM BREATHE OUT FEAR 

check the FACTS 

IMAGINE WITH HOPE 

 I Can Feel BOTH 
_____ & _____.



TERMS OF USE



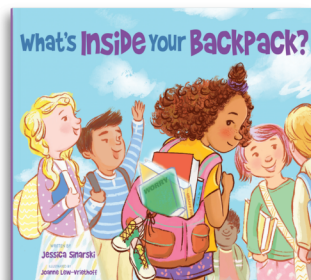
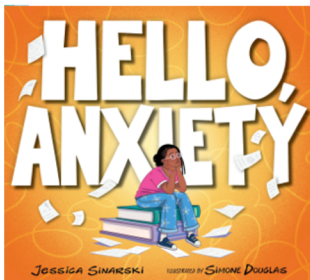
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Check out the whole series!
BraveBrains.com/Backpack