

# Thank You, Mind: Letting Go of Sticky Thoughts

Sometimes our thoughts feel like gum stuck to our shoe and slow us down, distracting us. This activity helps you notice sticky thoughts, thank your mind for sharing them to you, and then let them go!

## Step 1: Spot the Sticky Thought

- Think of a sticky thought that's been bothering you. Write or draw it in the bubble gum bubble below.



## Step 2: Say, “Thank you, Mind!”

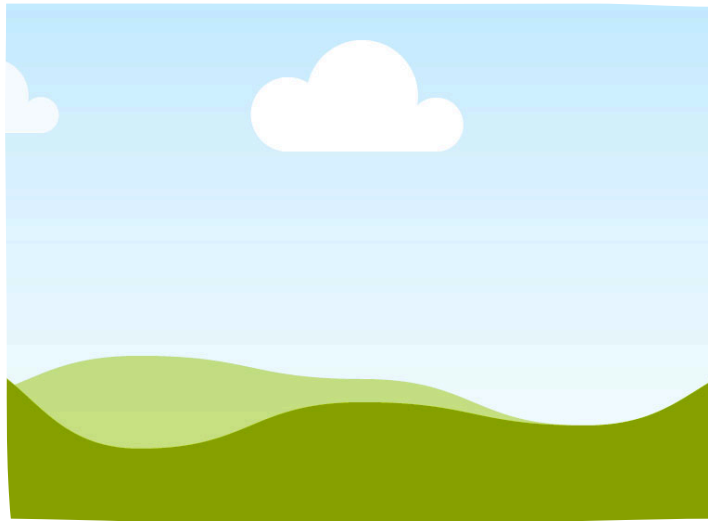
- Now say, ‘Thank you, Mind, for this thought.’ You don’t have to believe the thought or act on it—just notice it



# Thank You, Mind: Letting Go of Sticky Thoughts

## Step 3: Imagine Letting It Go

- Pretend to peel some gum off your shoe. Where will you let it go?
- Imagine it floating away on a breeze, thrown into the trash, or even flying off like a balloon!



Draw or describe where you'll let your thought go.

## Step 4: Reflect

- How do you feel now? Write or draw your feelings below.

