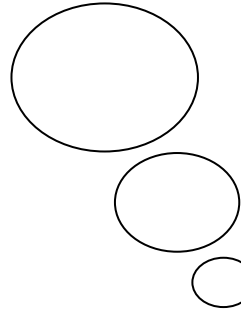
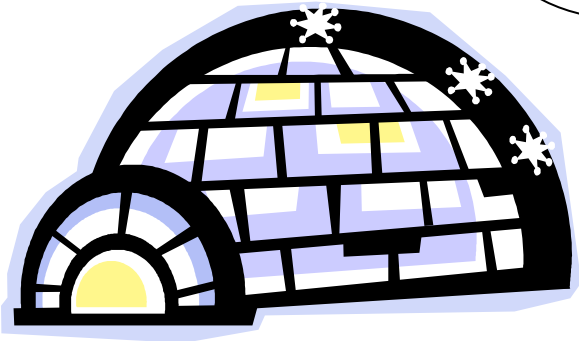


Cool thoughts like the Cool Cat!



## Counselling Notes: Cool thoughts like the Cool Cat!

**Description:** This worksheet is designed to help clients create some thoughts that will help them remain calm.

**Ages:** 5 years +

### Ideas for use:

- Use the analogy of a “cool cat” that is in control of their thoughts and therefore their emotions. The cool cat doesn’t get angry, because they have cool thoughts!
- Then draw the thoughts and the feelings about a situation.
- Explain to the client how to think better, “cool” thoughts.
- Explore the concept of managing emotions, rather than letting emotions managing them.
- Write down their cool thoughts! 😊

### Other worksheets to explore in this series:

- Anger Management – Calming Down
- Angry Thoughts – Self Talk