



Annie's Birthday Gift

Name: _____

Date: _____

Part 1	Thoughts	Feelings
<p>Annie's grandma is coming to visit for Annie's birthday. She hasn't seen her grandma in 2 years. When her grandma arrives, she gives Annie a present. Annie assumes it's exactly what she wants. But when she opens the box, she's disappointed to find a shirt with a cartoon character she liked years ago. Annie thinks, "This is the worst present. If I wear this, everyone will laugh at me."</p>		

Part 2	Thoughts	Feelings
<p>Annie takes a minute to cool down. She thinks, "Grandma hasn't seen me in a long time, so she doesn't know what I like anymore. And I'm so grateful she visited for my birthday." Instead of telling her grandma how much she doesn't like the present, Annie tells her grandma how happy she is to see her.</p>		

How did rethinking help Annie?

How can rethinking help you?
