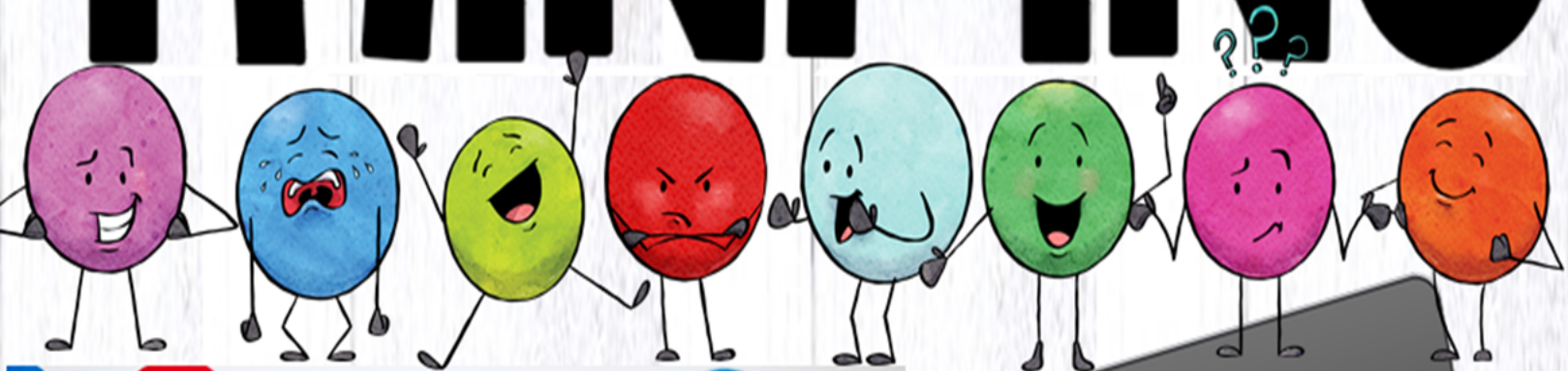


EXPLOSIVE or PEACEFUL THINKING



EXPLOSIVE THINKING **PEACEFUL THINKING**

Demanding Making demands of others or of yourself	Compromise An agreement to accept something slightly different than what you want
Magnifying Making something bigger than it really is	Think Rationally Consider facts and make logical conclusions
Negative Outlook Assuming the worst will happen	Look for the Positive Focus on the good

"I always get in trouble"
Demanding

"I did not complete my homework, but I will next time"
Compromise

"Today I made bad choices tomorrow I will do better"
Magnifying

"It will be the end of the world if I fail this test"
Think Rationally

"I will be disappointed if I fail the test, but I will be okay"
Look for the Positive

"I can not make a mistake"
Negative Outlook

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"It will be the end of the world if I fail this test"
Negative Outlook

"I will be disappointed if I fail the test, but I will be okay"
Compromise

EXPLOSIVE THINKING **PEACEFUL THINKING**

Identify the type of thinking

Drag & drop the checkmark to your answer

<i>"I could not get my homework done because my family was watching TV"</i> Demanding	<i>"I did not complete my homework, but I will next time"</i> Compromise
<i>"I can not make a mistake"</i> Negative Outlook	<i>"It will be okay if I make a mistake"</i> Compromise
<i>"It will be the end of the world if I fail this test"</i> Negative Outlook	<i>"I will be disappointed if I fail the test, but I will be okay"</i> Compromise
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Look for the Positive

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EXPLOSIVE or PEACEFUL THINKING



Session Objective:

*Students will identify types of explosive and peaceful thinking.

Materials:

*Explosive or Peaceful thinking handout
*Explosive or Peaceful thinking examples (cut out)

Guiding Questions:

*Why is it important to be able to recognize explosive or peaceful thinking?
*How does explosive or peaceful thinking impact our anger?

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*Self-awareness: identifying emotions
*Self-management: self-discipline
*Social-awareness: perspective-taking.
*Responsible decision-making: analyzing situations, evaluating.

Session Details (about 30 minutes)

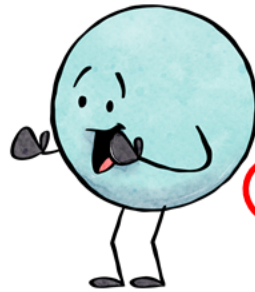
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EXPLOSIVE or PEACEFUL

THINKING



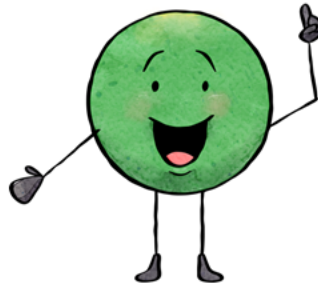
Demanding



Compromise



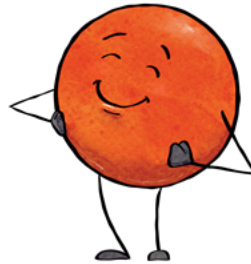
Magnifying



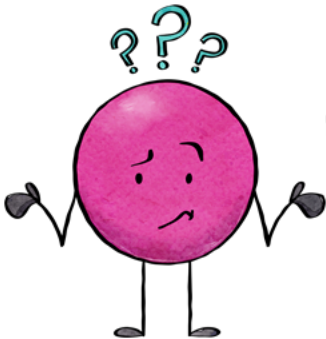
Think
Rationally



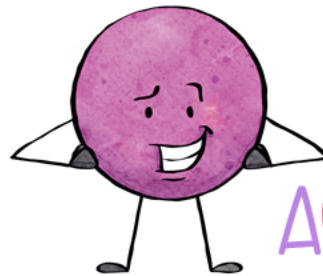
Negative
Outlook



Look for
the positive



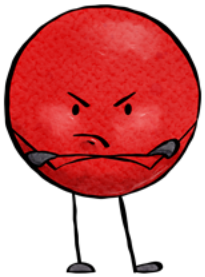
Making
Excuses



Be
Accountable

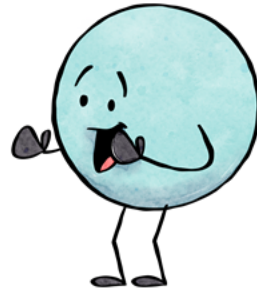
EXPLOSIVE THINKING

PEACEFUL THINKING



Demanding

Making demands of others or of yourself



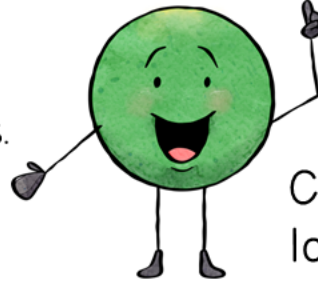
Compromise

An agreement to accept something slightly different than what you want.



Magnifying

Making something bigger than it really is.



Think

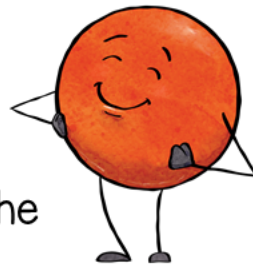
Rationally

Consider facts and make logical conclusions.



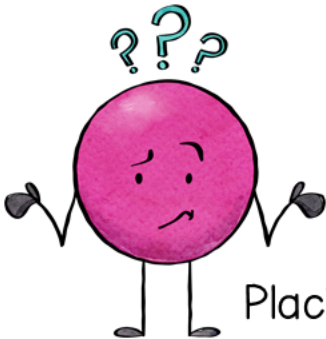
Negative Outlook

Assuming the worst will happen, not looking for the brighter side.



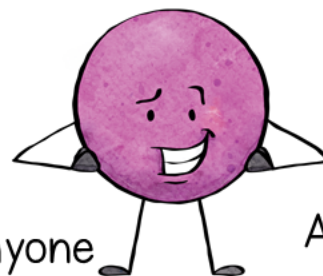
Look for the positive

Focusing on the good in any given situation.



Making Excuses

Placing the blame on anyone or anything but yourself.



Be

Accountable

Accept responsibility for your actions.

EXPLOSIVE THINKING

PEACEFUL THINKING

Identify the type of Explosive or Positive Thinking. Circle your answer.

"I could not get my homework done because my family was watching TV"



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"I can not make a mistake"



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EXPLOSIVE THINKING

PEACEFUL THINKING

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"She gets all of the attention"



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"I just have to win"



"Maybe I will win next time"



"If I don't remember my lines for the play, it will be the worst thing ever"










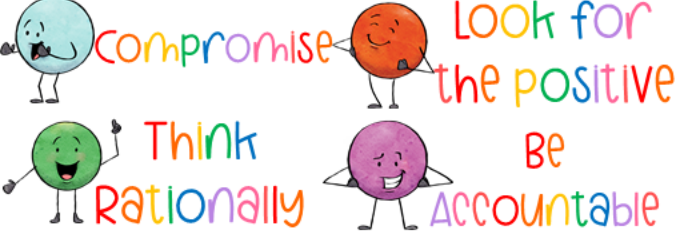
"It might be embarrassing but I will survive"



EXPLOSIVE THINKING

PEACEFUL THINKING








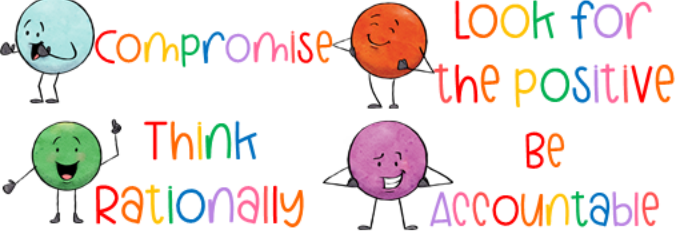
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EXPLOSIVE THINKING

PEACEFUL THINKING




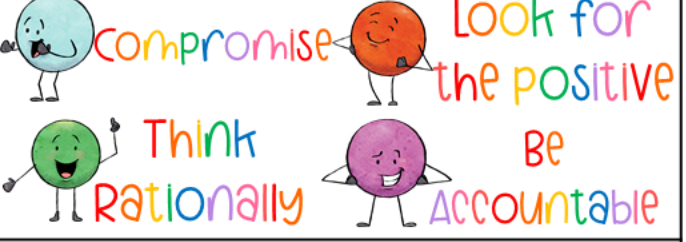

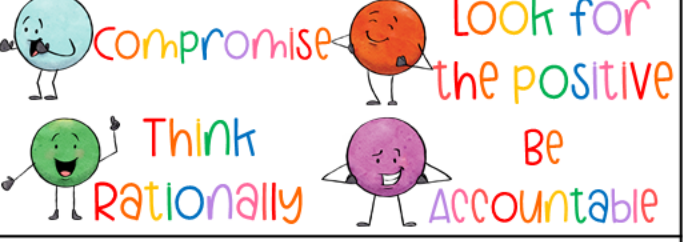


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PEACEFUL THINKING

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EXPLOSIVE or PEACEFUL THINKING



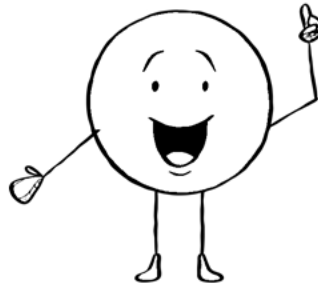
Demanding



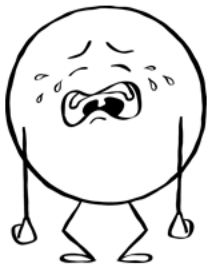
Compromise



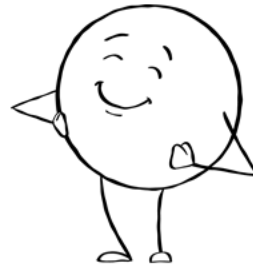
Magnifying



Think
Rationally



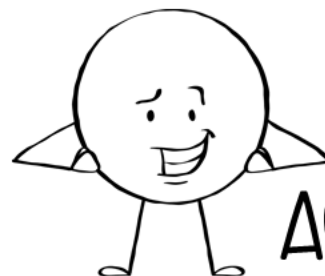
Negative
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Look for
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Making
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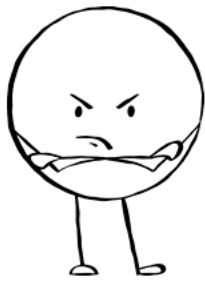


Be
Accountable

EXPLOSIVE THINKING



PEACEFUL THINKING



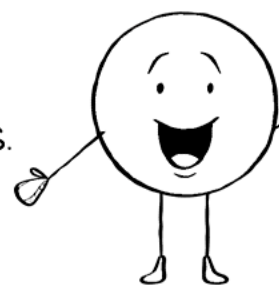
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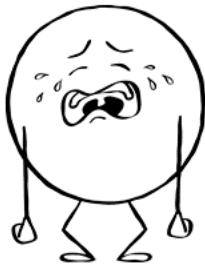
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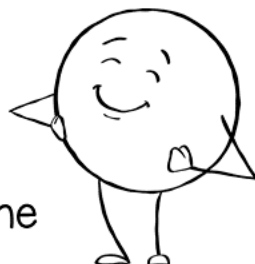
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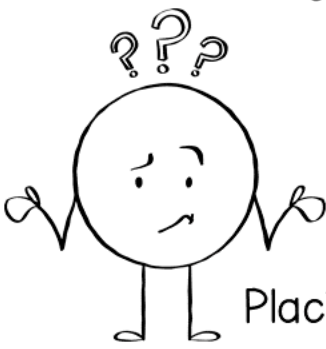
Think Rationally
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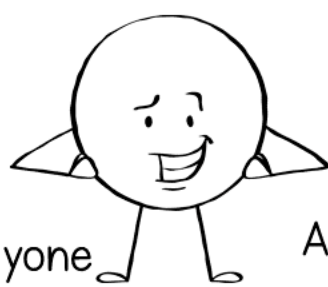
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Look for the positive
Focusing on the good in any given situation.



Making Excuses
Placing the blame on anyone or anything but yourself.



































Be Accountable
Accept responsibility for your actions.

EXPLOSIVE THINKING

PEACEFUL THINKING

































Identify the type of Explosive or Positive Thinking. Circle your answer.

<p>"I could not get my homework done because my family was watching TV"</p>  Demanding  Negative Outlook  Magnifying  Making Excuses	<p>"I did not complete my homework, but I will next time"</p>  Compromise  Look for the positive  Think Rationally  Be Accountable
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EXPLOSIVE THINKING

PEACEFUL THINKING

































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PEACEFUL THINKING

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"I am not the best at math, but I am a great reader"



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PEACEFUL THINKING

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GOOGLE CLASSROOM

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

1 Click here  [Explosive or Peaceful Thinking](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says “Make a copy” and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says “Students can view file.” Click the grey box. A dropdown menu should appear. Select, “Make a copy for each student.”

YOU HAVE TO MAKE A COPY FOR EACH STUDENT!

Otherwise they will all be editing the same file.

Click “Assign” in the top right corner if you’re ready to post!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)



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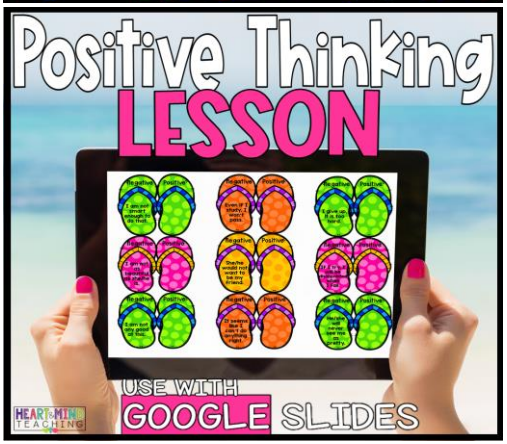
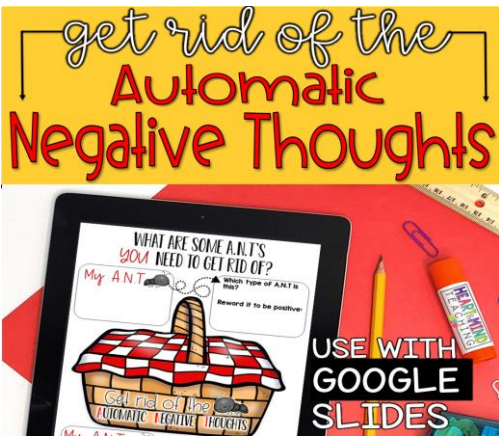
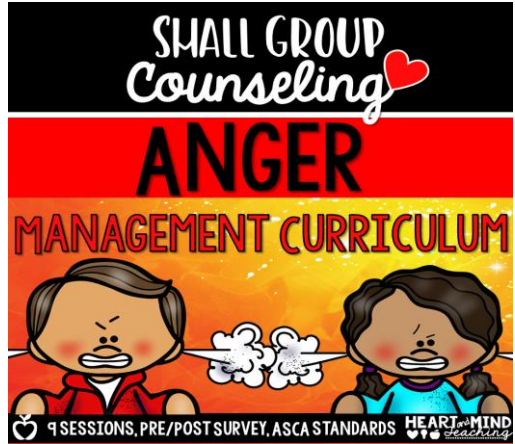
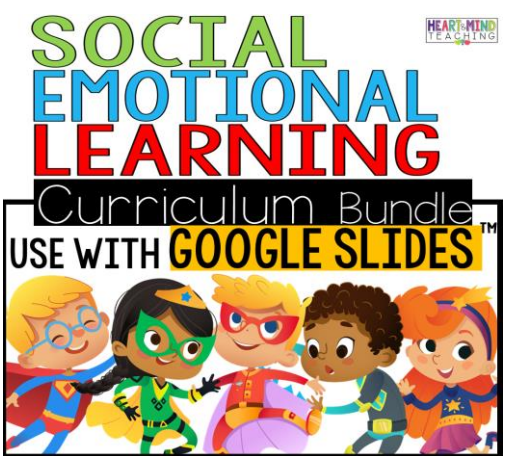
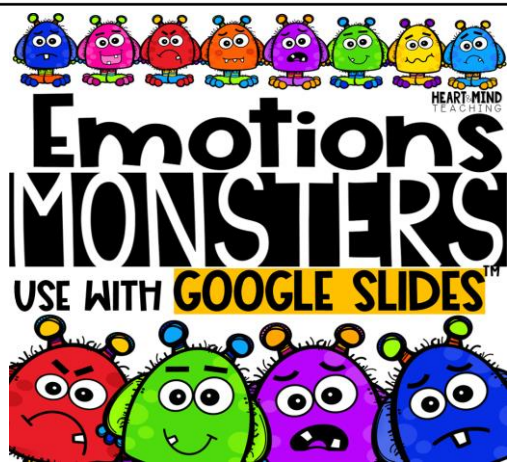
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This resource and 8 others are included in this Curriculum



TERMS OF USE

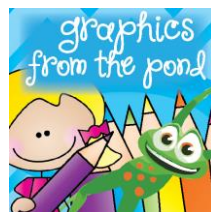
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