

Making a What Could I Bird



THINK FC

• Authentic • Connect • Trust

A tool for a positive mindset

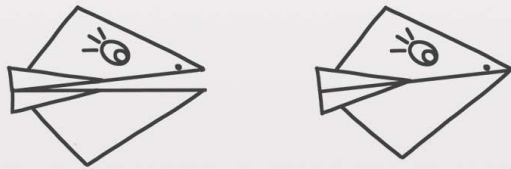
This fantastic tool has two uses.

1. It spots **HINDERING** thoughts.

A hindering thought is a thought that prevents you from getting to where you want to be.

2. It helps you to change your **HINDERING** thoughts into more **HELPFUL** ones.

If you want to change your **HINDERING** thoughts you can use the four words inside the beak to move your **THINKING** to somewhere more **HELPFUL**.



Ask yourself **WHAT COULD I ... SAY, ASK, REMEMBER** or **IMAGINE** that's more **HELPFUL** than what I'M currently **THINKING**

What Could I...



...That's More Helpful?

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Is what you are TH!NKing **HELPFUL** or **HINDERING**?

It's easy to get stuck, and say things that are not helpful to our selves, about ourselves, or others, or the situation we are in.

There's some great news, we have the choice to change this – and a Tool to help.

We invite you to make a **WHAT COULD I BIRD**, then use the four TH!NKing areas to change the **HINDERING** thought to something more **HELPFUL**.

If you are stuck you might say to yourself...

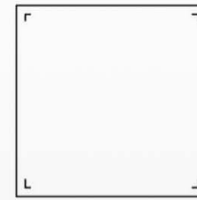
What could I **ASK**...

What could I **SAY**...

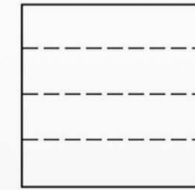
What could I **REMEMBER**

What could I **IMAGINE**...

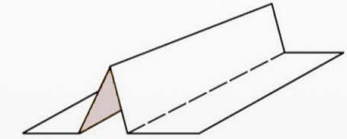
...that's more **HELPFUL** than what I'm currently TH!NKing



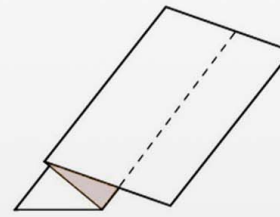
1 Make 1 square.



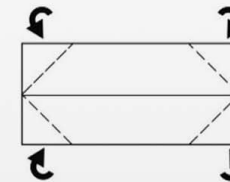
2 Fold in half, then in half again. Open out.



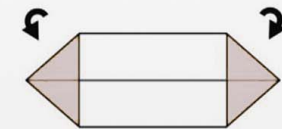
3 Make this shape.



4 Then fold like this



5 Lay flat then fold all corners in.



6 Fold in half.



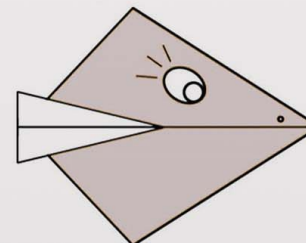
7 Create boat shape then cut 1cm on the long side.



8 Fold back the 4 sides.



9 Write these 4 words inside.



10 Decorate