

Thoughts are like molecules

In this lesson, we will cover the idea that thoughts come in different sizes and can bond together to become bigger and change our feelings and actions.

Just like molecules come in different sizes, we have different size thoughts as well. And like molecules, most thoughts are so small they are invisible! They start out small and we can't see evidence of them easily. We can guess they are there, but they are not obvious. Thoughts become more visible to our eyes if they are medium or large or if there are more molecules bonded together.

There are different sizes of thought molecules:

 **Small:** These thoughts mean we notice someone else. We have small thoughts when people share space with us, talk, and when we notice other people's words, actions, bodies, etc. These can be comfortable or uncomfortable thoughts, but they generally don't change our emotions. Like molecules, they often start out invisible, but we can guess they are there.

 **Medium:** These thoughts are more visible and are beginning to change our emotions. We can usually see them on people's face and body. If these are comfortable thoughts, then it can mean we feel happy or excited but if they are uncomfortable thoughts, then it can mean we feel annoyed, frustrated or sad. Sometimes, people can hide their medium thought molecules by using stealth mode, so you don't see them much on their face.

 **Large:** These thoughts are VERY visible. They change people's emotions in big ways and you will see these emotions on their face. These thoughts cause immediate reactions. If comfortable/ good thoughts, then they will feel very excited and VERY happy; If uncomfortable thoughts, then they will feel very angry, terrified, or upset.

Identify and draw the size of these thoughts (discuss context and how it might change the size)

Someone smiles at you and says hi

A boy kicks your chair repeatedly

Another person gives you the present you have wanted for a year

A group of classmates ask you to sit at their lunch table

Someone punches you at recess/break time.

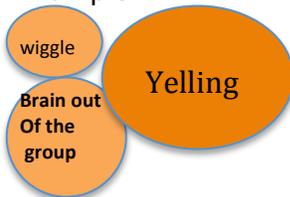
You hear someone clear their throat in class

BONDING TOGETHER

Just like molecules bond together, our thoughts collect and combine too. Our thoughts collect together and can change how we think about and treat someone else. It will change how they think about us and if enough thoughts bond together, it will change their behaviors toward us. If these are small and medium comfortable thought molecules bonding together, then they may want to be around us, have a conversation, be kind, or include us. If these are uncomfortable thought molecules bonding together, then they may avoid us, be upset, be unkind toward us, or we may get in trouble. Even if we are having small and medium uncomfortable thoughts, they can collect together and become large. This would mean a big reaction and very negative emotions.

Try to figure out 3 thoughts that the clinician had about you during this group. Figure out their size and draw them bonded together. How might these thoughts change how the clinician treats you? Draw them below:

Example:

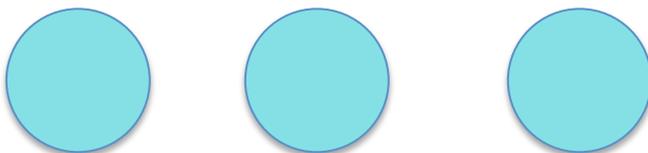


LAB work: Go observe during our activity. Try to observe at least 3 small, 3 medium and 3 large (if there were any) thoughts during the activity. They can be peers' comfortable and uncomfortable thoughts. Write the thought on the thought molecules below:

Small



Medium



Large

