



Helping Your Child Manage Their Thoughts



Your thoughts influence your feelings, which in turn, affect your behaviours.

When faced with challenging situations, you may find yourself having *Automatic Negative Thoughts* (ANTs) that negatively affect how you feel about yourself, others and the situation.

These ANTs (e.g. "I am not good enough," "I am going to do badly today." etc.) may appear in your mind instantaneously, sometimes without you being aware of how they came about.



✓ Things You Can Do

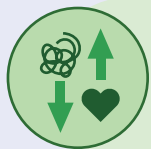
If your child has ANTs, guide them to reframe their mindset and develop healthy thinking habits by using the **Recall-Rationalise-Replace** strategy.



- 1 Recall**
Help your child identify which ANTs triggered uncomfortable or difficult feelings.



- 2 Rationalise**
Help your child challenge the ANTs to break their influence on your child's feelings.



- 3 Replace**
Guide your child to replace ANTs with helpful, constructive thoughts.

○ Things You Can Say



- 1** What were you thinking about when you started feeling anxious?



- 2** What makes you think this way? What would you say to a friend if they said the same thing to you?



- 3** Let's think about this in a more helpful way. Perhaps you can think: "I feel disappointed that I didn't do as well as I hoped, but I learnt that I need to work on my public speaking skills."



Read the article "Are these ANTs bugging you?" published by the Ministry of Education to find out more about ANTs.

