

Put One Thought Down

An activity of "Tee and Boba"

Read "Tee and Boba" (page 28, *What's Up* May 2026). This comic shows Boba helping Tee understand that some days feel heavy because our minds can be carrying too many thoughts.

1. In the thought cloud below, write some thoughts that could make us feel mentally heavy. You may use general thoughts that you are comfortable sharing, not anything too private. e.g. 'I have too much homework!', 'I do not know where to start', 'I'm afraid of making mistakes' etc.



1a) Choose one thought from your cloud. My heavy thought is: _____

1b) This thought feels heavy because: _____

2. Rewrite the heavy thought into a kinder and more helpful thought. Examples:

Heavy thought: "I cannot do this." Kinder thought: "I can try one step first."	Heavy thought: "I made a mistake." Kinder thought: "A mistake can help me learn."
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My kinder thought for my heavy thought is:

3. What is one small action that can go along with the kinder thought?

Examples: "I'll work for five minutes first", "I'll find one learning point from this mistake", "I'll tell a trusted adult if it feels too big", "I'll take a short break and come back", "I'll ask one person for help", "I'll write down what's bothering me" and so on.

My small action is:

4. Design a small card that shows your heavy thought becoming lighter.

Front of the card:

Draw your heavy thought any way you like e.g. a rock, elephant, tangled ball of string.

Back of the card:

Turn your responses above into a short poem. Your poem does not have to rhyme. It should show:

- What the heavy thought feels like
- Why it matters
- How you can speak to yourself more kindly
- One small thing you can do for now to lighten the heavy thought.

An example:

*I put down a gigantic alarm clock
It had been sitting and growing inside my Math textbook
It sounded like booming drumbeats getting louder
It felt like hundreds of sweaty P6 students squashed in the school hall
A kinder voice whispered, "you still have time"
So I took a break and made myself a nice glass of iced Milo.*

I PUT DOWN...

I put down

It had been sitting

It sounded like

It felt like

A kinder voice whispered,
"_____
_____"
So I

Draw the thought you are putting down.