

# Thank You, Mind: Letting Go of Sticky Thoughts

Sometimes our thoughts feel like gum stuck to our shoe and slow us down, distracting us. This activity helps you notice sticky thoughts, thank your mind for sharing them to you, and then let them go!

## Step 1: Spot the Sticky Thought

- Think of 1 or 2 sticky thoughts that have been bothering you.
- Write or draw them in the bubble gum bubbles below.



“I have sticky thoughts too.”

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## Step 2: Say, “Thank you, Mind!”

- Now say, ‘Thank you, Mind, for this thought.’
- You don’t have to believe the thought or act on it—just notice it.
- Practice it a couple times.

## Quick Check-In:

 Did your thought feel...

**Sticky**

**Heavy**

**Silly**

**Surprising**

**Something  
Else**



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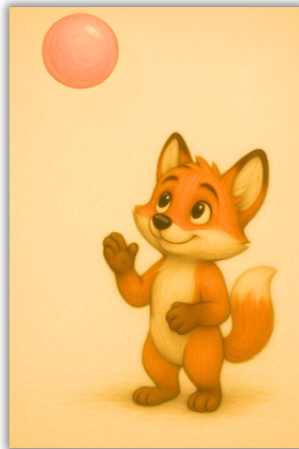
## Step 3: Let the Thought Go

### Let-It-Go Practice:

Take a slow breath. Now choose one way your bubble might float away:



“My bubble floats up.”



“My bubble floats far away.”



“My bubble pops and disappears.”

Or draw your own bubble floating away:



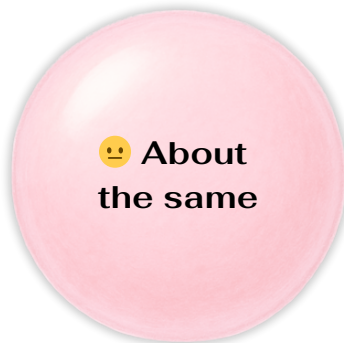
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## Step 4: Notice What's Different

After letting your bubble go, take a moment to check in with yourself.

### Quick Feelings Check:

Circle one or more:



### Try This:

- Put your hand on your chest and take one slow breath.
- Notice how your body feels now.



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**You Did It!** 🎉

Letting go of sticky thoughts takes practice, and you just took a great step. Finn is proud of you – and your mind is learning something new each time you pause and notice.

## Want to Try More?

📖 **Read a Featured Story: Thank You, Mind** – A gentle story about noticing thoughts without getting stuck in them. Join Finn and Delaney as they learn what to do with tricky thoughts...and what it means to say, “Thank you, Mind.”



Finn says, *“This is the story that helped me practice letting go.”*

📝 **Explore our blog posts for more simple tools to help kids:**

- Notice their thoughts
- Pause and breathe
- Let sticky feelings settle
- Build confidence and calm, and more....

→ **Visit this quick-read: Helping Kids Handle Sticky Thoughts**

## 💛 A Note for Grown-Ups

You’ll find even more child-friendly tools, stories, and parent resources at: [www.mindfullivingresources.com](http://www.mindfullivingresources.com)

You’re doing great work. Small practices like this make a big difference over time.