Video Guide



Part 1: Replacing Harmful Thoughts with Healthy Thoughts (16 min.)

1.	What kinds of things do you put in your backpack ?
2.	What kinds of things do you put in a <u>trash can</u> ?
3.	A backpack represents thoughts that we want to
4.	A <u>trash can</u> represents thoughts that we want to
5.	What is an example of a thought you would put in the backpack ?
6.	What is an example of a thought you would put in the trash can ?
7.	What are the four steps of the "Battle Song"?
	1. I gotta it.
	2. I gotta it.
	3. I gotta put a new in its place.
	4. I gotta on in the
8.	Two examples of ways you can "move on in the truth" are:
	or
9.	Do we have to make choices based on our feelings (circle one)? YES NO
\rightarrow	Move On In The Truth (The Battle Song) - Lyrics on following pages

Part 2: Growing in Healthy Thinking (15 min.) 1. What are some words God uses to describe healthy thinking? 2. Since God _____ us, He teaches us healthy thoughts that are _____ for us. → Philippians 4:8 Song (Think About Such Things) - Lyrics on following pages 3. What could be a consequence of brushing your teeth daily? That consequence would be (circle one): GOOD or BAD 4. What could be a consequence of never brushing your teeth? _____ That consequence would be (circle one): GOOD or BAD 5. What could be a consequence of yelling at your friends? _____ That consequence would be (circle one): GOOD or BAD 6. What could be a consequence of being kind to your friends? _____ That consequence would be (circle one): GOOD or BAD 7. If you focus on **harmful** thoughts, you are likely to make _____ choices with harmful consequences. 8. If you focus on **healthy** thoughts, you are likely to make _____ choices with healthy consequences. 9. Do you know anyone who struggles with harmful thoughts like the girl in the story? YES NO 10. Who can encourage **you** to practice healthy thinking?

11. Are there any thoughts that you want to keep right now? _____

12. Are there any thoughts that you want to throw away right now?

→ The Acorn Song - Lyrics on following pages

Part 3: Parenting Healthy Thinking Kids (13 min.)

	The background and purpose of Healthy Thinking Kids
2.	Healthy thinking habits for LIFE
3.	Using healthy thinking principles in daily life (practical uses)
4.	How to encourage children to use the Healthy Thinking Kids tools
5.	Four types of harmful (trash can) and healthy (backpack) thoughts: • "Doing Bad" vs. "Doing Good" Thoughts • "Distracting" vs. "What is Best" Thoughts • Thoughts of "False Information" vs. "True Information" • "Worry and Fear" vs. "God Cares for Me" Thoughts
6.	Heavy (suitcase) thoughts
7.	Additional resources at www.HTKids.org Parent handouts, printable bookmarks, music, and more
	016 Jennifer and Matthew Green. Feel free to copy and share, but please do not alter or charge. •althy Thinking Kids" is NOT a substitute for professional help. If children have a lot of trouble with harmful thoughts, please consult a

professional counselor. File: HTK Video Guide v3a.docx

Move On In The Truth (The Battle Song)

When a harmful thought comes knocking On my door within, Let it knock, let it knock. I don't have to let it in.

God will help me recognize A thought that is not HIS I have a choice to see that Thought for what it is.

CHORUS:

I gotta SPOT it.

I gotta STOP it.

I gotta put a NEW THOUGHT in its place.

I gotta MOVE ON in the TRUTH.

I gotta MOVE ON in the TRUTH.

Jesus is a-knocking and He wants to set me free. Let Him in! Let Him in To live abundantly.

I don't want to settle for A thought that gives me less. It will destroy and steal And kill the very best.

CHORUS

BRIDGE:

Jesus is the Way.

Jesus is the Truth.

He will help today.

He will teach me what to do...

CHORUS

Words by Jennifer Green & Anna Purdum, Music by Anna Purdum ©2015 Jennifer Green & Anna Purdum.

Philippians 4:8 (Song)

Finally brothers, finally (2x)

Whatever is **true**,

Whatever is **noble**,

Whatever is **right**,

Whatever is **pure**,

Whatever is **lovely**,

Whatever is admirable, yes admirable,

Think about such things. (4x) If anything is **excellent** or praiseworthy (3x)

Think about such things. (4x)

Phil. 4:8 NIV, Music ©2015 Anna Purdum. Words adapted from the Holy Bible, New International Version®, NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission. All rights reserved worldwide.

The Acorn Song

An acorn is not a tree in a day There's some growin' it along the way And healthy thinking comes step by step.

A baby is not a man in a week It's worth waiting for what I seek And healthy thinking comes step by step.

I will trust God, Because His timing's never late I will obey, And I will serve Him while I wait The grace of God, It is sufficient grace for me Because His power is made perfect in weakness!

An acorn is not a tree in a day There's some growin' it along the way And healthy thinking comes step by step!

REPEAT

Words by Jennifer Green & Anna Purdum, Music by Anna Purdum ©2015 Jennifer Green & Anna Purdum.

Ways To Move on in the Truth

- Talk with your parents
 - Do the next right thing
- Finish your activity or task
 - Serve someone else
- Sing with healthy music
 - Go outside to play
- Read a good book
 - Journal and pray
- Anything that changes your focus to something GOOD