

Sylmar Neighborhood Council, Education Committee Sharing information from "The Child Mind Institute".

Understanding Thoughts

Many of us think of spring as a time to reorganize and declutter our spaces, but the transition to a new season can also be a time for us to reflect and recenter ourselves. **Understanding thoughts** is an important part of self-reflection, and a skill we can teach our kids this month. [The California Healthy Minds, Thriving Kids Project](#) video series can help parents and educators teach kids about the connections between their thoughts, feelings, and behaviors and how they can change negative thinking patterns. The videos feature the voices and lived experiences of caregivers, teachers, and kids. We invite you to view the [Understanding Thoughts](#) video with your children or students, download the free Skill Sheets, and use these resources to spark productive conversations this month.

Links -

The California Healthy Minds -

https://childmind.org/healthyminds/?utm_medium=email&utm_source=newsletter&utm_campaign=scp_newsletter_2023-03&utm_content=healthyminds

Thriving Kids Project -

https://childmind.org/healthyminds/?utm_medium=email&utm_source=newsletter&utm_campaign=scp_newsletter_2023-03&utm_content=healthyminds

Understanding Thoughts -

https://childmind.org/healthyminds/understanding-thoughts-parents-elementary/?utm_medium=email&utm_source=newsletter&utm_campaign=scp_newsletter_2023-03&utm_content=understanding-thoughts-parents-elementary

Video for Parents -

https://childmind.org/healthyminds/parents/?utm_medium=email&utm_source=newsletter&utm_campaign=scp_newsletter_2023-03&utm_content=healthyminds-parents

Video for Educators -

https://childmind.org/healthyminds/educators/?utm_medium=email&utm_source=newsletter&utm_campaign=scp_newsletter_2023-03&utm_content=healthyminds-educators

Video for Students -

https://childmind.org/healthyminds/students/?utm_medium=email&utm_source=newsletter&utm_campaign=scp_newsletter_2023-03&utm_content=healthyminds-students

Shared information and Credit to "The Child Mind Institute".