



REWIRING MY BRAIN

God made our brains amazing! They help us think, feel, learn, and make choices. Sometimes when hard things happen we focus on what we cannot change and that makes us feel frustrated or want to give up and not try.

Here's some good news. By thinking on the things you CAN control you can choose to help change your brain!

This ability to change is called neuroplasticity. That's a big word that means your brain can build new pathways—like tiny roads—when you practice thinking in new ways. Every time you choose a helpful thought, it's like paving a new road in your brain. The more you use it, the stronger it gets!

In this activity, you'll learn how to spot old thoughts that might be holding you back—and practice new ones that help you feel safe, strong, and loved. You're not stuck.

Your brain can grow. And with God's help, you can build new pathways that lead to peace, courage, and hope.

7 Things I Can Control = Growth Mindset

1. My breathing – I can take deep breaths to help myself feel calm.
2. How I respond to big feelings – I can choose to walk away, talk to someone, or use a calming tool.
3. What I say – I can use kind, honest words.
4. How I treat my body – I can rest, eat, move, and take care of myself.
5. Who I ask for help – I can talk to someone I trust when I need support.
6. How I care for my space – I can clean, organize, or decorate to make it feel safe.
7. What I focus on – I can think about something that helps me feel brave or peaceful.

7 Things I Can't Control = Fixed Mindset

1. What happened in the past – It's not my fault.
2. Other people's choices or feelings – I can't make others act or feel a certain way.
3. Where I live or who takes care of me – Adults make those decisions.
4. Family conflict or separation – That's not my job to fix.
5. Rules at school or home – I can follow them, but I don't make them.
6. How my body reacts to stress – My body is trying to protect me.
7. The future – I can't know what will happen, but I can trust God is with me and will help me.

Reflection Prompt:

Circle one thing you can control. Circle one thing you cannot control

What is one thing I will do to practice a growth mindset?

“What's one thing I can let go of that's not mine to carry?”