



You can “CHANGE the CHANNEL” when you have a heavy thought, feeling or memory.

In the space below, draw or write about a “Channel” that can change your thoughts, feelings or memories from heavy to light.

## CHANNEL SWITCHING SCENARIOS

*Channel Switching* is something GREEN that you can do to lighten your heavy thoughts, feelings and memories.

When you use the Turtle Steps, you can use *Channel Switching* in Step 3:

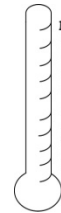
Think of something GREEN to do.



### PRACTICE:

Remember the last time you felt sad? Pretend that you are having that same heavy, sad feeling. Use the Turtle Steps and try *Channel Switching* in Step 3 to change that heavy, sad channel to the lighter channel that you made on the other page.

Step 1: Stop and say how you are feeling.



Step 2: Go inside your shell and relax.

Step 3: Think of something GREEN to do.  
You can think of *Channel Switching* to lighten your sad feeling!

Step 4: Come out of your shell and *Switch your Channel!*

How do you feel now?  
Is your feeling lighter on the thermometer?

