

## Episode 2: The Story Snake

In Episode 2, “The Story Snake,” Mojo’s negative thoughts begin to grow out of control. Find out what happens when your negative thoughts stretch and grow!

1. What really happens when the story you tell yourself takes over?
2. Share about a time a bad story took over for you.
3. What can you do to fight a bad story?

***On the next page are a few “take-home” questions for families, so they can watch the video and reinforce the concept at home!***



## Series 8, Episode 2: Take-Home Questions

We're watching a video series about positive thinking! Watch it at <https://vid.ly/8j8p6f> and discuss these questions with your child tonight.

1. How does it feel when you tell yourself a "bad story" even though it might not be true?
2. What does Katie mean when she says, "you can't run from a story snake?"
3. How might you fight these bad stories?



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