



SCAREDY KAT PRESENTS

ACTIVITY BOOKLET



WELCOME!

Thanks for joining us for **Scaredy Kat Presents!**

As you explore this booklet, follow Daphne and try out the activities along the way. There's no right or wrong answer—just your thoughts, your ideas, and your experiences.

Hey, I'm Daphne!
Can you find me
on each page?

HELPFUL VS UNHELPFUL THOUGHTS

Ever catch yourself thinking “I am not good enough” or “I will never be able to do this”? It’s normal to have thoughts like these sometimes. But when unhelpful thoughts keep popping up, they can make us feel stuck, stressed, or ready to give up.

Unhelpful thoughts hold us back – they tell us we can’t do something, or that we will never improve. Helpful thoughts cheer us on. They encourage us to try, learn, and take small steps forward, even when things feel tricky.

Scaredy Kat Presents!

Use the table on this page to spot which thoughts are helpful and which ones are unhelpful.

UNHELPFUL THOUGHTS



HELPFUL THOUGHTS



I AM TERRIBLE AT THIS

I CAN IMPROVE WITH PRACTICE

I DON'T KNOW HOW



I CAN LEARN HOW

NO ONE WANTS TO BE MY FRIEND

FRIENDSHIP TAKES TIME TO GROW



WHY AM I SO DUMB

EVERYONE MAKES MISTAKES SOMETIMES

I WILL NEVER BE GOOD ENOUGH



I CAN TRY MY BEST AND IMPROVE SLOWLY

I ALWAYS MESS UP IN EXAMS

EXAMS DON'T DEFINE ME. I CAN TRY AGAIN

NO ONE UNDERSTANDS ME



THERE ARE PEOPLE THAT I CAN GO TO

I CAN'T KEEP UP WITH OTHERS

I CAN FOCUS ON MY OWN PROGRESS



SWAP YOUR THOUGHTS

One way to feel calmer and more confident is to notice those unhelpful thoughts and swap them for more helpful ones.

SWITCH

THIS



THAT

"I can't do anything right!"

"Sometimes I make mistakes, and that's okay. Everyone does! I've also done lots of things well, so this statement isn't completely true."

"I will never be good enough."

"I don't have to be perfect at everything. I might not get everything right, but that doesn't mean I fail at everything. I can try my best and improve step by step."

BRAIN TRICK ALERT!

Sometimes our brains make unhelpful thoughts feel like facts – but they are not! The good news? You can challenge them! Each time you do, you boost your confidence and feel more in control of your choices and actions.

YOUR TURN: CHALLENGE YOUR THOUGHTS

Here's your chance to catch your own unhelpful thoughts and turn them into helpful ones.

An unhelpful thought I have

Can I be 100% certain this is true? YES NO MAYBE

What would someone who loves me say?

If my good friend had this thought, what would I tell them?

What is a more helpful and realistic thought?



WHAT CAN YOU CONTROL?

Sometimes we get stressed about things we can't control – like how others behave or events that have already happened.

But when we focus on what we can control – like our actions, effort and attitude – it can help life feel simpler and easier to handle.

In the space below, write down:

Things you **CAN** control & Things you **CAN'T** control

I CAN'T CONTROL

I CAN CONTROL

*How I respond to
other people's opinions*

*Other
people's
opinions*

YOUR SUPPORT TEAM

In life, we all have people around us who support us in different ways – even if we don't always notice it.

Take a moment to think about the people in your life. Who are the ones you can turn to?

THE LISTENER

Someone who listens to you and makes you feel heard



THE GUIDE

Someone who gives advice and helps you make good decisions



THE SUPPORTER

Someone who is there for you in your everyday life



THE CHEERLEADER

Someone who encourages you and believes in you



THE MENTOR

Someone you learn from and look up to



Remember: It's okay if one person plays more than one role. And if some spaces feel empty, that's okay too. You can start thinking about who you might reach out to. Even one supportive person can make a difference.

RESOURCES

If you need support beyond your support team, don't hesitate to reach out.

CREST-Youth by TOUCH Community Services offers fully funded mental-health support for Singapore youths aged 12–25.



Scan the QR code and share what you thought about *Scaredy Kat Presents*. Your feedback helps us make our shows even better – and your voice really matters to us.

Plus, it only takes a few minutes!

I'd love to hear
what you think too!



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