

Episode 1: Fact or Fiction

In Episode 1, “Fact or Fiction,” Mojo has an embarrassing slip up and is devastated by what his classmates must think of him. But is the story in his head fact or just his imagination?

1. What happened that made Mojo so embarrassed? What are the facts?
2. Mojo tells himself a story, imagining what his friends think of him. What is the difference between the story he tells himself and the facts of what actually happened?
3. Why might the made-up stories we tell ourselves make us sad?

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 1: Take-Home Questions

We're watching a video series about positive thinking! Watch it at <https://vid.ly/6d3d8d>, and discuss these questions with your child tonight.

1. What are some feelings words to describe how Mojo felt when he crashed into the ice cream table?
2. What is the difference between the facts, and the story Mojo had in his head?
3. Share about a time that you made up a story in your mind like Mojo.



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