Kona Kids Podcast

Season One Episode 17
When IF and WHAT met

What are your what and if thougts? Write them all here:

Reframing your thoughts: For example, "IF I get lost I will… "
"WHAT will I do when I don't know something?"

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Using Hypothetical. When there is no way to keep IF and WHAT separate, use the word hypothetical. For example "hypothetically I get sick"

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