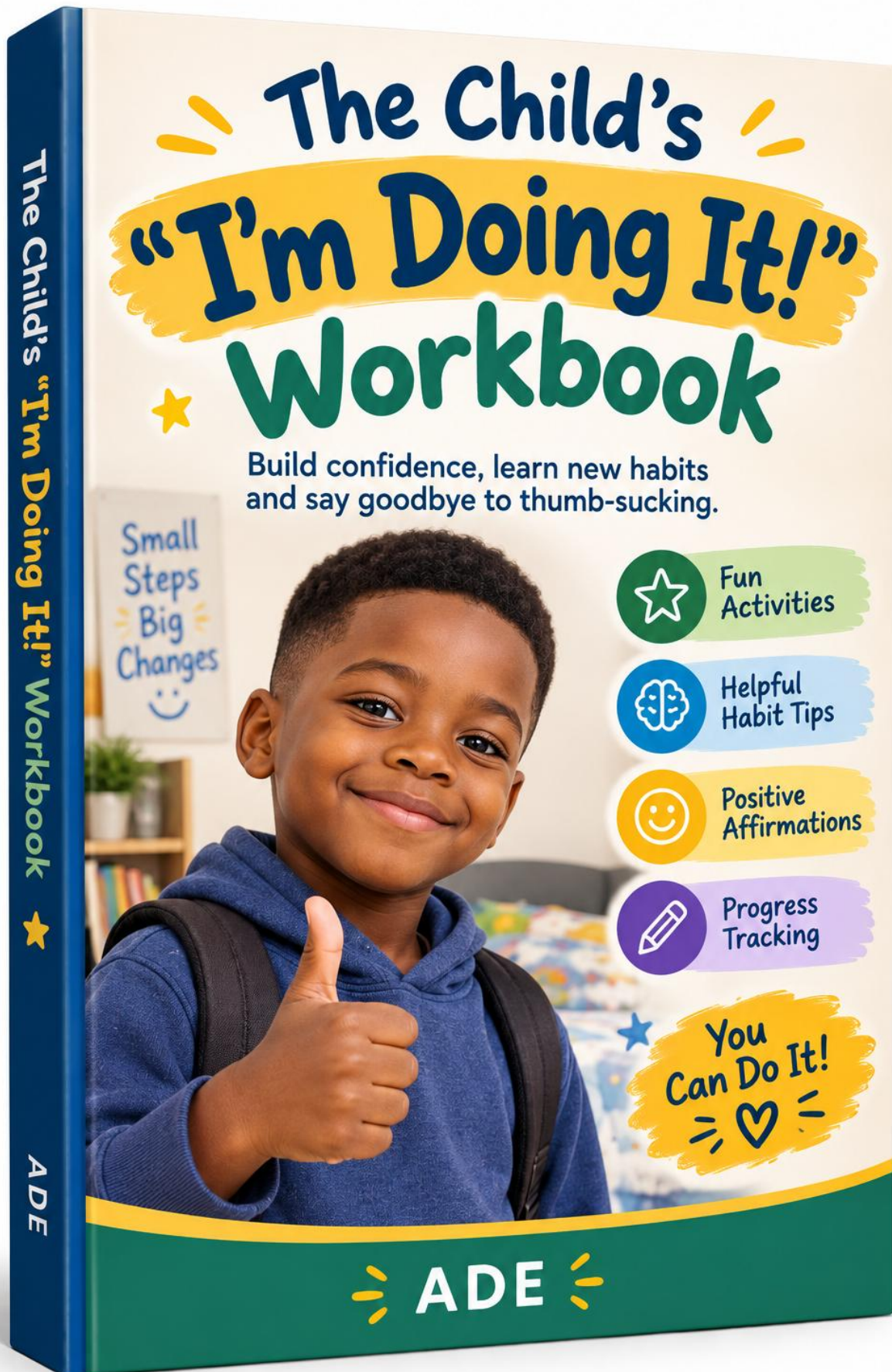




I'm Doing It!

My 14-Day Thumb Reset Workbook

A workbook for kids who are learning a new way to settle, feel comfortable, and take control of their thumb habit.

This is YOUR workbook. You don't have to be perfect. You just have to practice.

MY WORKBOOK

My name: _____

My start date: _____

My grown-up helper: _____

My goal for these 14 days is:

I'M READY TO TRY!

Welcome, You Can Do This

If you have sucked your thumb for a long time, your thumb may feel like an automatic part of getting comfortable. That does not mean you are doing something wrong. It means your brain and body have practiced the same pattern many times.

Now you are going to practice a new pattern. Your job is not to fight your thumb all day. Your job is to notice what is happening, choose a new helper, and practice the new way.

Your four super skills

Skill	What it means
NOTICE	I notice when my thumb is about to go in.
REPLACE	I give my hands or body another job.
TRANSITION	I use my new plan during tricky moments, especially bedtime.
REINFORCE	I notice my effort and keep practicing.

What counts as progress?

- ☐ Catching myself before the thumb goes in
- ☐ Taking the thumb out without being told
- ☐ Trying my replacement
- ☐ Telling my grown-up what I need
- ☐ Trying again after a hard moment

ONE IMPORTANT RULE

You never have to feel embarrassed in this workbook. This is a practice space, not a punishment space.

My Thumb Story

Every habit has a story. You get to tell yours without being judged.

When do I remember sucking my thumb?

My earliest memory:

What does my thumb help me feel?

- ☐ Calm
- ☐ Safe
- ☐ Sleepy
- ☐ Comforted
- ☐ Less bored
- ☐ Less worried
- ☐ Something else: _____

When do I use my thumb most?

Places / times / situations:

MY STORY IS USEFUL

Knowing your pattern helps you choose a better replacement. There is nothing "bad" about learning what your habit has been doing for you.

Become a Habit Detective

A habit often has a trigger. A trigger is something that happens before the habit. Your mission is to spot clues.

Circle or check my common clues

- ☐ I am tired
- ☐ I am bored
- ☐ I am watching TV or using a device
- ☐ I am lying in bed
- ☐ I am worried
- ☐ I want comfort
- ☐ I am sitting quietly
- ☐ I am upset
- ☐ I am thinking hard
- ☐ I am doing something familiar

My top three clues

1. _____
2. _____
3. _____

What happens right before my thumb?

Usually: _____

Then: _____

After my thumb is in, I feel: _____

DETECTIVE TIP

Look for the few seconds before the thumb. That tiny moment is where your new choice can begin.

What Job Does My Thumb Do?

Instead of asking only, "How do I stop?" ask, "What is my thumb helping me do?"

My thumb may be helping me...

- ☐ Relax my body
- ☐ Fall asleep
- ☐ Handle big feelings
- ☐ Feel safe
- ☐ Keep my hands busy
- ☐ Feel something familiar
- ☐ Get through a boring moment
- ☐ Something else: _____

The biggest job for me is

My answer:

A new helper can do part of that job

If my thumb helps me calm down, I could try: _____

If my thumb helps me feel safe, I could try: _____

If my thumb keeps my hands busy, I could try: _____

YOU ARE NOT "BAD" AT THIS

Your thumb has been a helper. Now you are teaching yourself another way to get some of the same benefits.

Pick My New Thumb Helper

Choose one main replacement and one backup. A good helper is easy to use, comfortable, and available when the old habit usually appears.

My choices

- ☐ Soft blanket or stuffed animal
- ☐ Pillow to squeeze or hold
- ☐ Fuzz ball
- ☐ Quiet hand activity
- ☐ Hands clasped together
- ☐ Slow breathing
- ☐ Cuddle or hand-hold
- ☐ A calming phrase or song
- ☐ A quiet bedtime object
- ☐ My own idea: _____

My main helper

I choose: _____

I will use it when: _____

My backup helper

If my first helper is not available, I will use: _____

Make it easy

Where will I keep my helper? _____

Who can remind me where it is? _____

MY NEW JOB

When my thumb wants to do its old job, I can give my hands a new job instead.

My Superpower Plan

You do not need superhero powers to change a habit. You need small skills that you can practice.

My skill	My plan
Notice	When I feel my thumb moving toward my mouth, I will _____
Replace	I will pick up / use _____
Transition	When bedtime or another tricky moment begins, I will _____
Reinforce	When I try, I will tell myself _____

My power phrase

SAY THIS TO YOURSELF

"I noticed it. I can choose."

My own phrase: _____

My grown-up's job

My grown-up can help me by: _____

The kind of encouragement I like: _____

What I do NOT want

Please don't: _____

Morning & Evening Check-In

You can use this page every day. There is no “perfect” answer. Be honest so you can learn your pattern.

This morning

How did my body feel when I woke up? _____

Did I notice my thumb during the night? ☐ Yes ☐ No ☐ Not sure

One thing I want to practice today: _____

Tonight

My hardest thumb moment today was: _____

What was happening right before it? _____

What helped me most? _____

How proud am I of my effort? ☆ ☆ ☆ ☆ ☆

GROWN-UP NOTE

Ask: “What did you notice?” before asking: “Did you suck your thumb?” Awareness is a skill worth celebrating.

14-Day Practice Tracker

Mark what you practiced. A check does not mean "perfect." It means "I practiced this skill."

Day	I noticed	I used my helper	I practiced at bedtime	I tried again	One-word note
1	☐	☐	☐	☐	_____
2	☐	☐	☐	☐	_____
3	☐	☐	☐	☐	_____
4	☐	☐	☐	☐	_____
5	☐	☐	☐	☐	_____
6	☐	☐	☐	☐	_____
7	☐	☐	☐	☐	_____
8	☐	☐	☐	☐	_____
9	☐	☐	☐	☐	_____
10	☐	☐	☐	☐	_____
11	☐	☐	☐	☐	_____
12	☐	☐	☐	☐	_____
13	☐	☐	☐	☐	_____
14	☐	☐	☐	☐	_____

My biggest change so far: _____

Something I want to remember: _____

Catch Myself! Challenge

One of the coolest moments is catching the habit yourself. That is called awareness.

Try this sequence

When...	I can...
I notice my thumb moving	Pause for one second.
I catch the moment	Say: "I noticed it."
My hands need something to do	Use my chosen helper.
I feel frustrated	Take a breath and try again.
I make a mistake	Remember that practice continues.

My detective catches

Catch #1: I noticed my thumb when _____

Catch #2: I noticed my thumb when _____

Catch #3: I noticed my thumb when _____

Catch #4: I noticed my thumb when _____

Catch #5: I noticed my thumb when _____

How did it feel to catch myself?

My answer:

BIG DEAL

You do not have to wait for a grown-up to catch the habit. Every time you notice it yourself, you are building the skill you need.

My Feelings & My Habit

Sometimes the thumb shows up because a feeling is big, uncomfortable, or familiar. Feelings are not problems you have to hide.

Today I felt...

- ☐ Happy
- ☐ Tired
- ☐ Worried
- ☐ Bored
- ☐ Angry
- ☐ Lonely
- ☐ Excited
- ☐ Overwhelmed
- ☐ Calm
- ☐ Something else: _____

When I have this feeling, my thumb wants to...

A new thing I can do with this feeling

I can talk to: _____

I can hold / use: _____

I can breathe / move / relax by: _____

Words I can use

TRY

"I need a little help settling."

"I feel _____. Can you stay with me for a minute?"

"My thumb is trying to help. I want to try my new helper."

My Thumb-Free Moment Challenge

Pick one small moment-not the whole day. Your mission is to practice your new response during that moment.

My challenge moment

I choose: _____

It usually happens at: _____

My trigger is: _____

My replacement is: _____

Before the moment

- ☐ My helper is ready
- ☐ I know my plan
- ☐ I know who can encourage me
- ☐ I remember that one try counts

After the moment

What happened? _____

What did I notice? _____

What am I proud of? _____

TRY SMALL

A small successful practice teaches your brain more than a huge challenge that feels impossible.

When I Have a Hard Day

A hard day is not the same thing as starting over. Habits can come back when you are tired, stressed, sick, upset, or simply doing something familiar.

If my thumb goes in...

- ☐ I will notice it without calling myself bad.
- ☐ I will take it out when I am ready.
- ☐ I will use my helper if I can.
- ☐ I will tell my grown-up what I need.
- ☐ I will keep practicing.

What happened today?

The tricky moment:

What I needed:

What I can try next time:

RESET WORD

"Next time." Not "I failed." Not "I can't." Just: "Next time, I can try my plan."

My Reward & Progress Page

Rewards work best when they celebrate effort and learning-not when they become a threat or a bribe. Choose rewards that feel fun and encouraging.

Ways I like to celebrate effort

- ☐ Extra story time
- ☐ Choose a family game
- ☐ Pick a fun activity
- ☐ Special drawing / craft time
- ☐ Choose the bedtime story
- ☐ A high-five or special celebration
- ☐ Another idea: _____

My progress milestones

After 3 days of practice, I want to celebrate by: _____

After 7 days of practice, I want to celebrate by: _____

After 14 days of practice, I want to celebrate by: _____

My effort badges

☆ I noticed ☆ I tried ☆ I redirected ☆ I recovered ☆ I kept going

The skill I am proudest of: _____

My Bedtime Mission

Bedtime is often where an old thumb habit feels strongest. That is why bedtime is a special training ground-not a test you must pass.

My bedtime plan

My bedtime trigger: _____

My bedtime helper: _____

My backup helper: _____

My settling phrase: _____

When I get into bed

- ☐ I get comfortable
- ☐ I put my helper where I can reach it
- ☐ I take a slow breath
- ☐ I remember my plan
- ☐ If my thumb appears, I notice and redirect

My bedtime victory can be...

- ☐ Catching the thumb
- ☐ Using my helper
- ☐ Staying calm
- ☐ Trying again
- ☐ Asking for support

BEDTIME THOUGHT

"My body is learning how to settle in a new way. I can practice."

Draw My New Comfort Tool

If you could invent a super-comfort tool for your hands, what would it look like? Draw it here.

My tool is called: _____



How would it help me?

It would help me:

If I could give it one superpower...

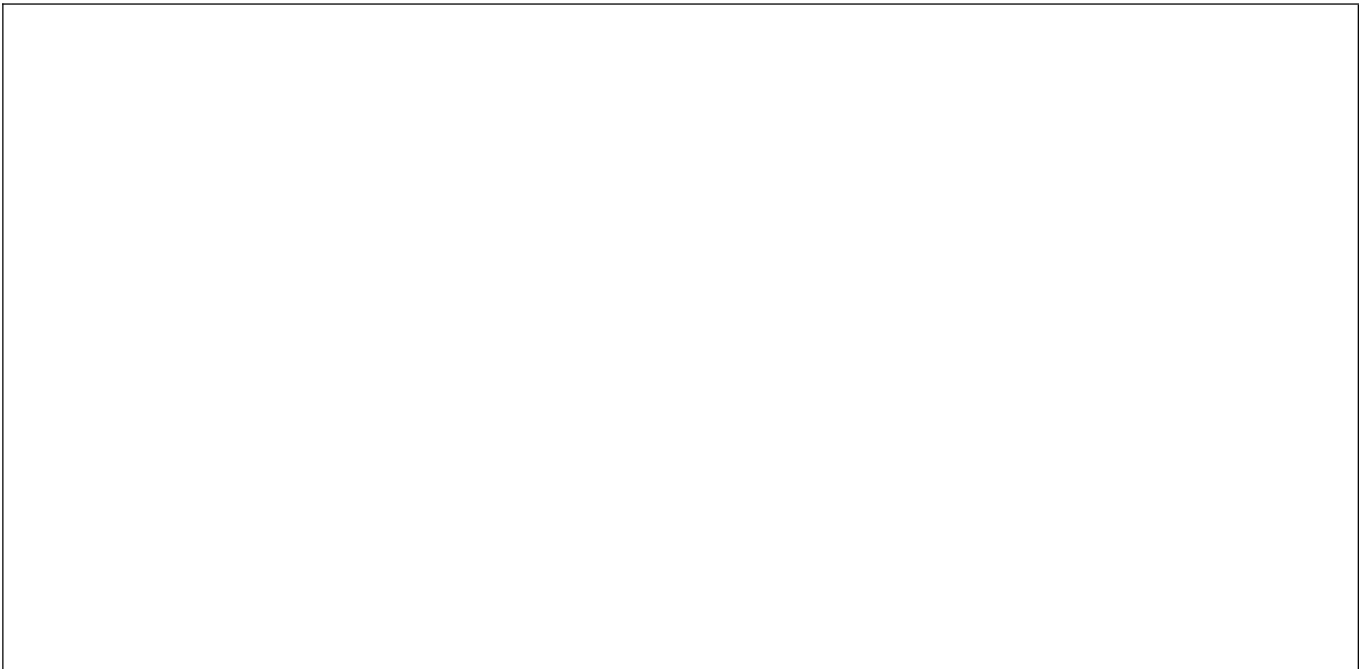
Design My Calm Place

Imagine a place where your body feels safe and ready to relax. It can be real or imaginary.

My calm place has...

- ☐ A comfortable place to sit or lie
- ☐ Something soft
- ☐ A sound I like
- ☐ A smell or feeling I like
- ☐ Something I can hold
- ☐ A person or pet I trust
- ☐ Something else: _____

Draw or describe it



When I need to settle, I can imagine this place for a moment.

The first thing I notice there is: _____

My “I Caught It!” Celebration

Every time you notice the habit yourself, you have done something important. Use this page to record the moments you are proud of.

Catch #1

I noticed my thumb when: _____

I chose to: _____

I felt: _____

Catch #2

I noticed my thumb when: _____

I chose to: _____

I felt: _____

Catch #3

I noticed my thumb when: _____

I chose to: _____

I felt: _____

Catch #4

I noticed my thumb when: _____

I chose to: _____

I felt: _____

Catch #5

I noticed my thumb when: _____

I chose to: _____

I felt: _____

MY BEST CATCH

The moment I am most proud of is: _____

Because: _____

My Support Team

Changing a habit is easier when the adults around you know how to help. You can decide what kind of support feels useful.

People on my team

Person	How they can help me
Parent / carer	_____
Other grown-up	_____
Another person I trust	_____

What helps me

- ☐ A calm reminder
- ☐ A high-five
- ☐ A hug or cuddle
- ☐ Help finding my replacement
- ☐ Being asked what I need
- ☐ Celebrating effort
- ☐ Quiet support without talking

What does NOT help me

Please avoid:

TEAM RULE

My support team is here to help me learn-not to shame me for needing practice.

What I Have Learned About My Habit

I used to think...

My old idea:

Now I know...

What I understand now:

My strongest trigger is...

My best replacement is...

The skill that helped me most is...

When I have a setback, I can...

MY BIG LESSON

A habit can change when I understand it, practice a new response, and keep going.

My 14-Day Reflection

Look back at the whole practice period. You are measuring what you learned, not only how many times your thumb was in your mouth.

Question	My answer
What changed?	_____
What did I notice earlier?	_____
What replacement worked best?	_____
What bedtime change helped?	_____
What was hardest?	_____
What am I proud of?	_____
What will I keep practicing?	_____

My confidence now

Before I started: ☆ ☆ ☆ ☆ ☆

Now: ☆ ☆ ☆ ☆ ☆

One sentence to my future self

Dear future me:

Keep Going: My Next Practice Plan

The 14 days are not a finish line. They are a foundation. Your old habit may still appear sometimes, especially during tiredness, stress, illness, boredom, or familiar routines. That does not mean your learning disappeared.

For the next 7 days, I will keep practicing...

- ☐ Noticing the moment before my thumb
- ☐ Using my main replacement
- ☐ Using my bedtime plan
- ☐ Celebrating effort
- ☐ Recovering quickly after setbacks

If I get stuck, I will ask

"What was happening right before the thumb?"

"What job was the thumb doing?"

"What new helper could I use?"

"What can I make easier next time?"

MY PROMISE TO MYSELF

I do not need to be perfect to make progress. I can notice, choose, practice, and try again.

Signature: _____ Date: _____

I'M DOING IT!

My Celebration Certificate

This certificate belongs to a kid who practiced something difficult and kept learning.

THIS CERTIFICATE IS PRESENTED TO

for practicing the 14-Day Thumb Reset and building new skills for noticing, replacing, transitioning, and reinforcing.

MY PROUDEST SKILL

Parent / Carer: _____

Date: _____

Keep practicing. Keep noticing. Keep going.

My “I'm Doing It!” Page

This final page is for you. Fill it with words, drawings, stickers, stars, or anything that reminds you of what you have learned.

Three things I can do now

1. _____
2. _____
3. _____

Three things that help me feel calm

1. _____
2. _____
3. _____

One thing I want my grown-up to know

My message:

My final thought

I'M DOING IT!

I am learning how to notice my habits and choose what I do next.

I can ask for help. I can try again. I can be proud of my effort.

Name: _____ **Date:** _____