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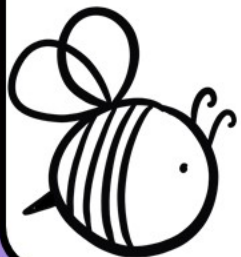
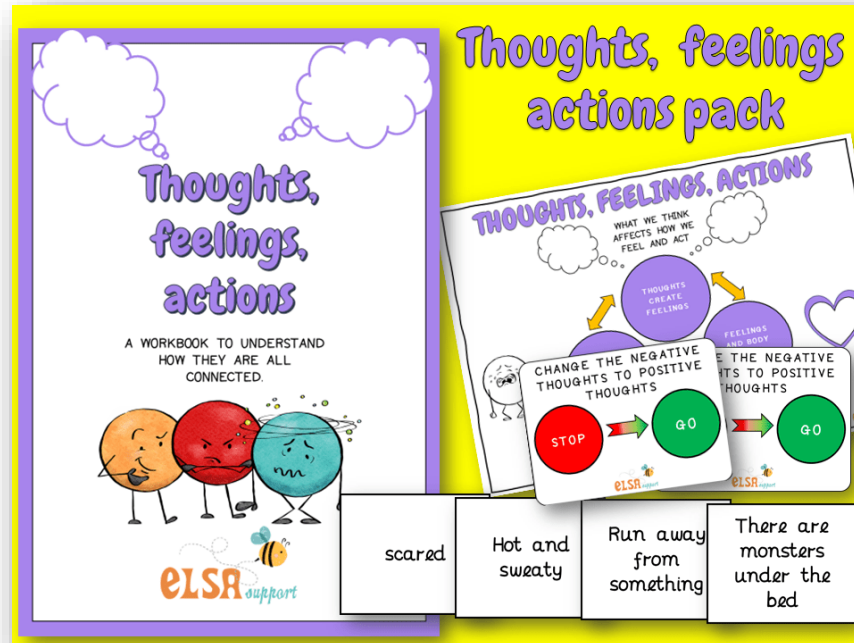




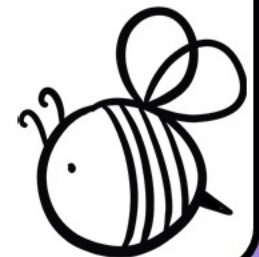
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Our thoughts

Thoughts are so important and affect how we feel. Help pupils to sort their helpful and unhelpful thoughts.

Use the two characters to discuss helpful thoughts and unhelpful thoughts. Helpful thoughts are often true, they are supportive of you, they make you feel comfortable and they tend to be a good choice

Unhelpful thoughts tend to make you feel uncomfortable, they are unsupportive, not a good choice and probably not true.

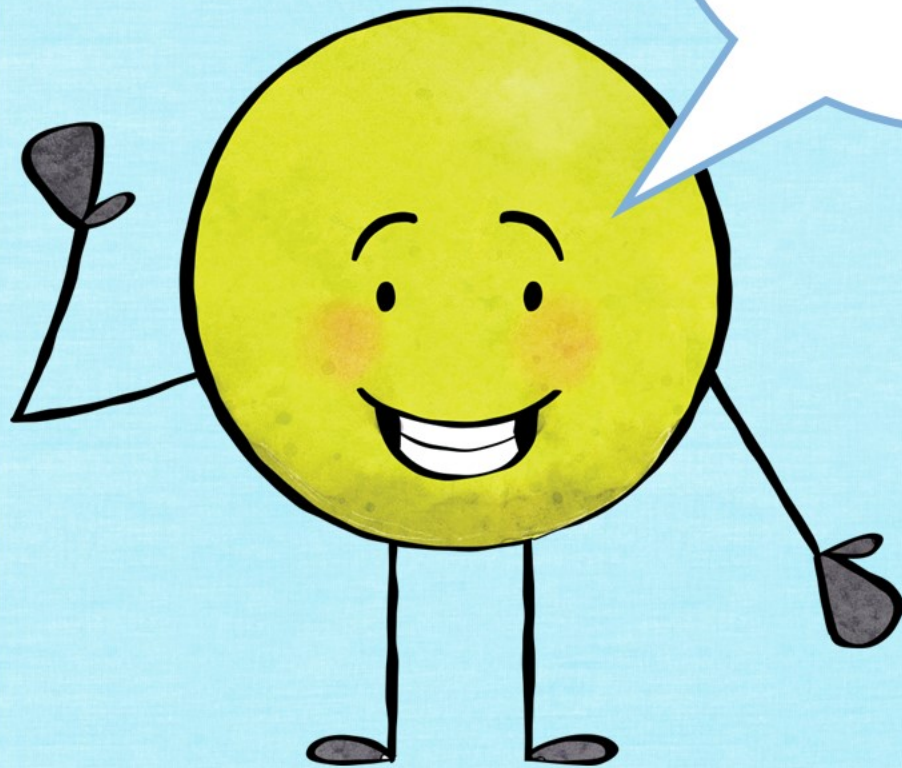
Use the enclosed scenarios and make your own with the editable file included in this pack.

Use the two sorting mats laminated and write helpful or unhelpful thoughts into the cloud shape.

Makes you feel
comfortable

Supportive

HELPFUL
THOUGHT



Probably true

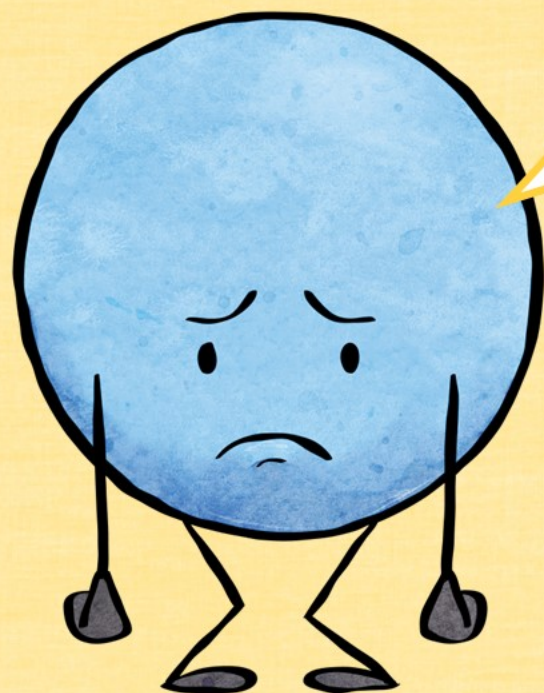


Good choice

Makes you feel
uncomfortable

Unsupportive

UNHELPFUL
THOUGHT



Likely NOT
to be true



Not a good choice

No one wants to play
with me

They are definitely
talking about me

The teacher never
picks me

I feel hopeless

If I ask nicely then I
might be able to join
that game

If I try my best I
might be able to do
it

If I feel upset I can
try walking away
from the situation

The teacher does
picks me sometimes.
She tries to be fair

I feel ugly

My eyes are too
small

I always lose. What's
the point?

Everyone hates me

I can actually do
very hard things if I
try

My eyes are a lovely
colour

I wonder if I can help
that girl who is
looking sad

I am a kind person
and try my best to
help everyone

I always come last

I only got one
sticker today

I should have been
given a sticker for
that work

I give up!

If I set a goal I bet I
can achieve it

I can be proud of
myself I don't need
other people to tell
me they are proud of
me

It is ok to feel angry
but I need to make
sure I deal with my
anger in a safe way

If I don't understand
I can just ask