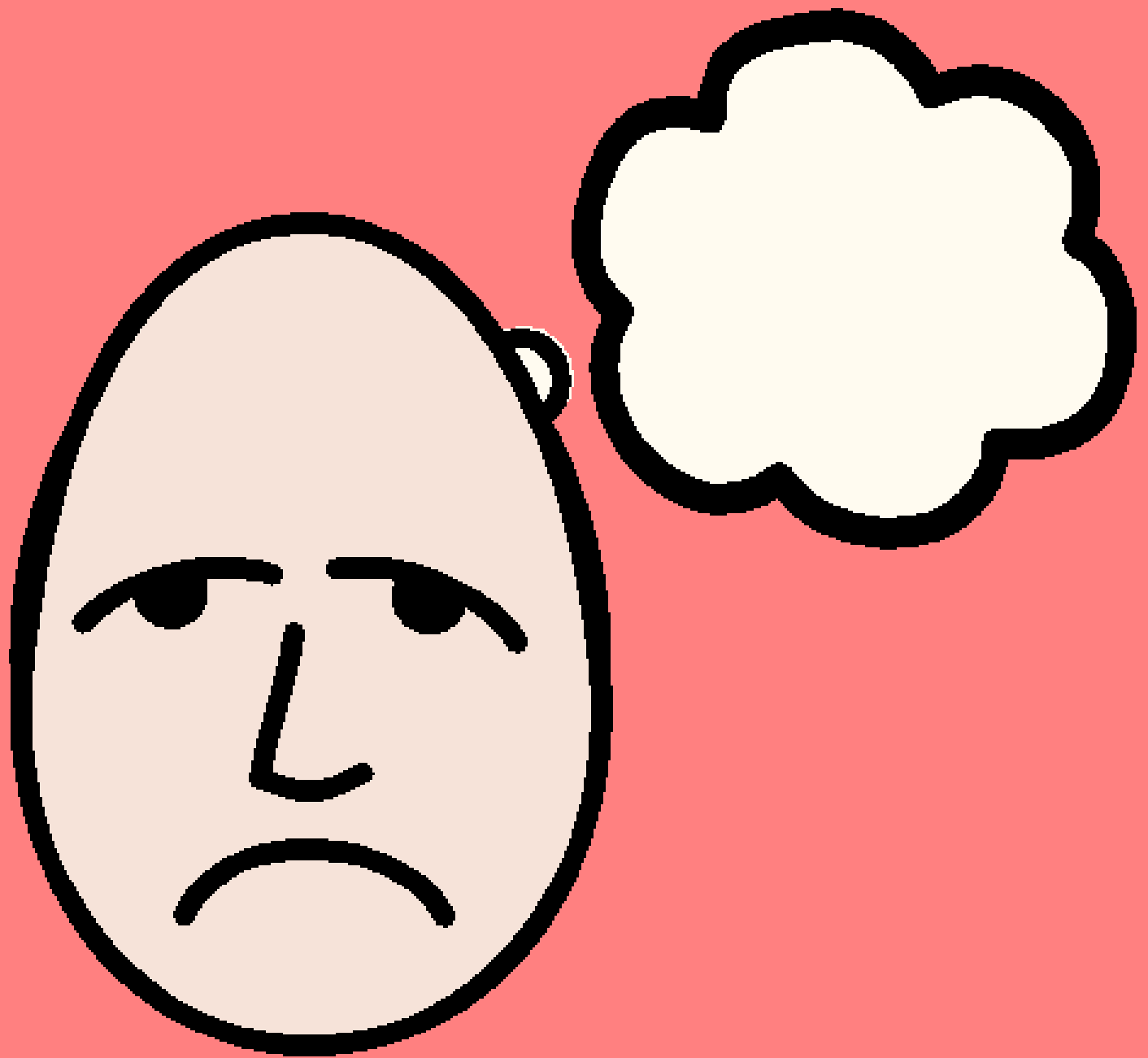


Green or helpful
thoughts



Red or unhelpful
thoughts

School is boring. I don't like
doing work. The teacher thinks
I'm lazy.

I don't think I can do it. I'll make
mistakes. People will laugh at me.

I know I can do it! I've practiced hard.
I'll try to have fun. My friends and
family are here. They will clap and
cheer.

No one likes me. Those people say
horrible things about me. I want
to fight with them.

I can make friends. I am kind and funny. People will like me and we will play games together.

I will have fun at home. I can play with my dog and take her for a walk. Mum will be pleased that I've been helpful.

I don't like my brother. We always fight and he doesn't let me play on the XBox. We will have a fight and mum will be cross.

PE is really hard. I'm not as good as my friends. I'm not going to try this week and the teacher will shout at me.