

TURNING NEGATIVE THOUGHTS TO POSITIVE THOUGHTS

LEARNING OUTCOME:

For every negative thought, there is a positive thought that could be used instead.

ACTIVITY 1

Cut out the thoughts on the page below, and have students mix and match - finding a positive thought that could be used instead of each negative thought.

ACTIVITY 2

Lead a class discussion and brainstorm some negative thoughts. Then work together to find a positive thought for every negative thought.

NEGATIVE THOUGHTS	POSITIVE THOUGHTS
I can't do it.	It's hard, but I'll have a go.
I'm no good at this.	If I practice, I'll get better at this.
This is going to be a terrible day.	Some good things will happen today.
I'm so tired.	I feel tired, but that won't stop me from having fun.
I'm not good enough.	I am good enough.
This activity is so boring.	I'll try to find something interesting about this activity.
No one understands me.	I have people who care about me and try to understand me.
I give up.	I'm going to take a break, count to 10 and try again.