**Changing negative thought patterns**

**Session 1**

**Learning Objective**  - To learn what negative thoughts are and understand how they affect what we do

**Welcome** – Establish ground rules for the group, to be displayed at every session. Explain that all the work they do will be made into a book so they can remember it.

**Warm up activity** – Sit in a circle and pass round a toy, ask the following

* What makes me happy
* What makes me sad
* What I like about myself
* A negative thought I have about myself is

**Core activity**

Hand out sheet 1 and discuss negative thoughts

* What are they?
* Why do they matter?
* Where do they come from?
* How can we change them?
* What is the point of all the effort?

Discuss these questions and explain that over the next few weeks we are going to answer the questions.

Discuss the triangle of thoughts, feelings and behaviour and find out if the pupils think if they are linked.

Hand out sheet 2, explain that what we think and feel affects what we do.

Ask them to fill in the sheet from their own experience. How I think and feel affects what I do.

**Juice and biscuits**

**Reflection and compliments**

What have you enjoyed? What have you learnt? What will you try to work on? (personal target)

Ask each child to give someone in the group a compliment.

**Resources**

Photocopies of sheet 1 and 2

Post it notes

Pens pencils

Paper for ground rules