**Changing negative thought patterns**

**Session 2**

**Learning Objective**  - To understand my feelings and learn that I can make different choices.

**Welcome** – Remind pupils of the ground rules for the group

**Warm up activity** – Sit in a circle and read the story (Know many trust few, always paddle your own canoe.) Pass round a toy and discuss what the story means.

**Core activity**

Hand out sheet 4 and discuss

When I understand my feelings I can make different choices

What I do affects other people

* What examples have they got from their life experiences

Hand out sheet 5 (I can change the way people think about me by changing what I do) pupils fill in their thoughts and behaviours. Discuss what they have chosen.

**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**

Story – Always paddle your own canoe

Photocopies of sheet 4 and 5

Post it notes

Pens pencils

Ground rules