**Changing negative thought patterns**

**Session 3**

**Learning Objective**  - To understand negative feelings become a trap.

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

**Warm up activity** – Sit in a circle and reflect how their week was, did they have any negative thoughts? How did this affect the way others reacted?

**Core activity**

Hand out sheet 6 and discuss

Do they agree? Can they give examples from their own life?

Can we challenge negative thoughts? Discuss

Hand out sheet 7. Pupils fill in the sheet and prioritise their negative thoughts, justify them and challenge them.

**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 6 and 7

Post it notes

Pens pencils

Ground rules