**Changing negative thought patterns**

**Session 4**

**Learning Objective**  - To understand how to distract from negative feelings.

**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 could they challenge them?

**Core activity**

Hand out sheet 8 and discuss what can they do if a negative thought won’t go away?

Can they come up with their own suggestions to add?

Hand out sheet 9. Pupils fill in the sheet and write down ways to deal with their negative thoughts.

**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 8 and 9

Post it notes

Pens pencils

Ground rules