**Changing negative thought patterns**

**Session 5**

**Learning Objective**  - To understand how their life would improve if they didn’t have any 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 did they deal them? Any success stories?

**Core activity**

Hand out sheet 11, pupils writes down negative thoughts and how they overcame them. (Success stories!)

Hand out sheet 10 and discuss how their life would change if they didn’t have negative thoughts, pupil’s record answers on sheet.

Can they answer the questions we asked at the beginning?

* 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?

**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 10 and 11

Post it notes

Pens pencils

Ground rules