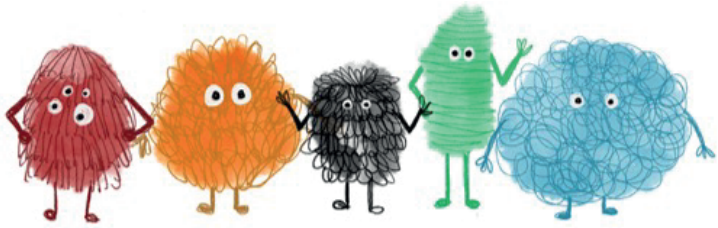
Lesson 2 Thought Gremlins Year 6 | Journaling Scaffold

Name .....

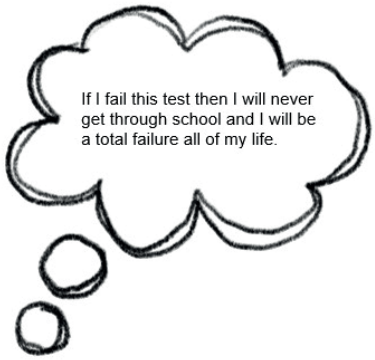
VOCABULARY:
emotions
Thought gremlin
harmful
negative
challenge
compare
catastrophising
tackle

1. What is a thought gremlin?
   Why can thought gremlins be harmful?



2. List two examples of the catastrophising thought gremlin.





3. How should we tackle thought gremlins?







HELPFUL QUESTIONS AND PHRASES

What did you learn in this lesson?	In this lesson I learnt_____
How can you use today's learning in your life?	I can use today's lesson when _____
List two interesting ideas from today's lesson.	I found _____ interesting because _____
Draw something about today's lesson.	