

# Lesson 2 Thought Gremlins Year 6 | Activity

Name .....



## Main Task

Think about how you could challenge each thought gremlin.

Event	Catastrophising thought	Challenging the thought gremlin
1. Going to school	I don't want to go to school. I am worried I will have no friends to play with at lunch. I know I am going to fail my spelling test as well.	
2. Going to dance club for the first time	Everyone is going to laugh at me. The teacher might be really strict. I am going to be the worst dancer there.	
3. Taking a test	If I fail this test then I will never get through school and I will be a total failure all of my life.	
4. Your mum introducing you to a new 'friend'.	I don't like the look of this person. They are going to be unkind to me and take all of my mum's time.	