

Lesson 2 Thought Gremlins Year 4 | Activity

Name



Main Task

Think about how you could challenge each thought gremlin.

Scenario	Thought gremlin	Challenge the thought gremlin
1. You are about to take the end of year test. Your mum and teacher have said that it is the most important test you have ever taken.	"I will let everyone down if I fail."	
2. At the weekend you got a haircut but the hairdresser got it wrong. Your hair is much shorter than normal. You are about to walk into school.	"Everyone is going to laugh at me!"	
3. You have just found out that you are going to be spending Saturday night at your auntie's. Their flat is small and there is nothing to do.	"This is going to be awful. I am going to be so bored. Why do I have to do it?"	
4. Your teacher has just told you that you will be reading out your poem at assembly next Thursday. You have never read in front of the whole school.	"What? I will make a mess of this. I will stutter and get it all wrong. It will be so embarrassing."	
5. You wake up on a Monday morning after a fantastic weekend.	"Why do I have to go to school?"	
6. You are in the playground and one of your best friends tries to make other children laugh by making fun of you.	"Why is it always me? I hate myself."	