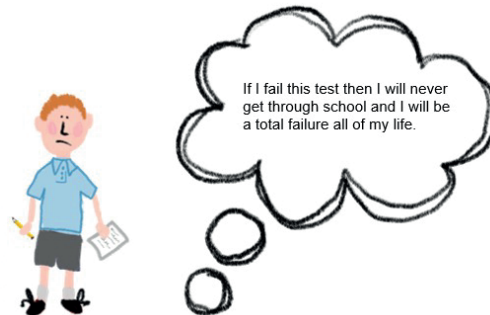


Lesson 2 Thought Gremlins Year 6 | Journaling Scaffold

Name

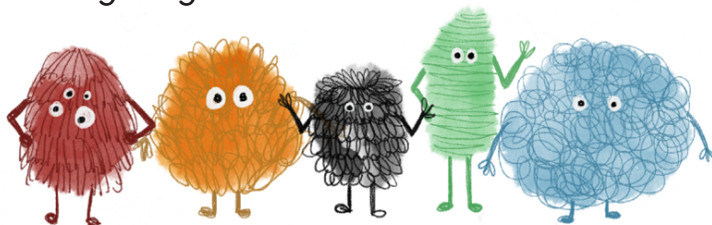
1. What type of thought gremlin did Alex find tricky? Give an example.



VOCABULARY:

emotions
thought gremlin
harmful
negative
challenge
compare
catastrophising
tackle

2. Why are thought gremlins harmful?



3. What do you do when you spot a thought gremlin?
What are the steps to calm them?



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.