

# Lesson 5 Challenges Year 6 | Activity

Name .....

## Main Task

What would be the unhelpful and helpful thoughts triggered by the following events? Think also about a wise action in each situation.

Event	Unhelpful thought	Helpful thought	Action
1. Moving house			
2. Being laughed at by your friends because a child has said you 'like' someone.			
3. Your holiday being cancelled because your parents can't afford to go.			
4. Missing your break for a week after being partially involved in a food fight.			
5. Looking in the mirror and seeing three spots on your face.			
6. Your dad spending lots of time at work.			