

# Lesson 2 Thought Gremlins Year 5 | Activity

Name .....



Write an emotion triggered by each thought gremlin and then challenge the gremlin.



Thought gremlin	Emotion	Challenging the thought gremlin
1. Everyone is so much smarter than me.		
2. My party was boring compared to this one. Why would anybody want to be friends with me?		
3. I can't go to school because I was the only one who wasn't picked for the team.		
4. Why am I the only one to get thought gremlins?		
5.		