

# Lesson 4 The Arena Year 4 | Activity

## Main Task

Your task is to help Bella challenge the thought gremlins that are stopping her from getting in the Arena.

Thought gremlin	Challenge the gremlin
1. "I might get the answer wrong and everyone will laugh at me."	<hr/> <hr/> <hr/>
2. "It feels much more comfortable to just sit here quietly with my hand down."	<hr/> <hr/> <hr/>
3. "It is not cool to put your hand up. People will make fun of me for being too keen."	<hr/> <hr/> <hr/>
4. "Putting your hand up is not that important anyway. You don't get any reward for doing it. It is not worth the stress."	<hr/> <hr/> <hr/>
5.	<hr/> <hr/> <hr/>