

Lesson 4 The Arena Year 6 | Activity

Main Task

Judge how frequently each judgement thought gremlin happens to you (1 is rare, 5 is frequent) and then reframe each one.

| Judgement gremlin | Frequency | Reframe the gremlin (catch, check and change) |
|---|-----------|---|
| 1. If I have a go at this then it has to be perfect. | | _____ |
| 2. The Arena makes me feel anxious. I need to stay away from that feeling. | | _____ |
| 3. What happens if I freeze or fall when I get in the Arena? | | _____ |
| 4. The Learning Arena is only for smart and confident children. That is not me. | | _____ |