

# 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 <b>has</b> to be perfect.		<hr/> <hr/> <hr/> <hr/> <hr/>
2. The Arena makes me feel anxious. I need to stay away from that feeling.		<hr/> <hr/> <hr/> <hr/> <hr/>
3. What happens if I freeze or fall when I get in the Arena?		<hr/> <hr/> <hr/> <hr/> <hr/>
4. The Learning Arena is only for smart and confident children. That is not me.		<hr/> <hr/> <hr/> <hr/> <hr/>