





Thought challenge!

Sometimes our thoughts can be negative and challenging to deal with. This can be about things that have already happened, things that may be happening now or in the future. It is important to try to challenge these thoughts so that we do not keep thinking negatively!

When we keep thinking negatively, it can be hard to see any positives at all and can make us feel worse for longer. When we thought challenge we try and write as many positives as we can to make the best of a situation.

 Negative thought 	 Positive thought 
Staying at home is boring	-By staying home I am keeping safe -At home I can spend special time with my family -I can catch up on all the things I have wanted to do -I can go out daily to walk or exercise with my family.

We have done the first one for you. Now, have a go at some of your own. Try and think of as many positives as you can for each of the negatives. The more positives you can find, the more positive you will feel!!



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