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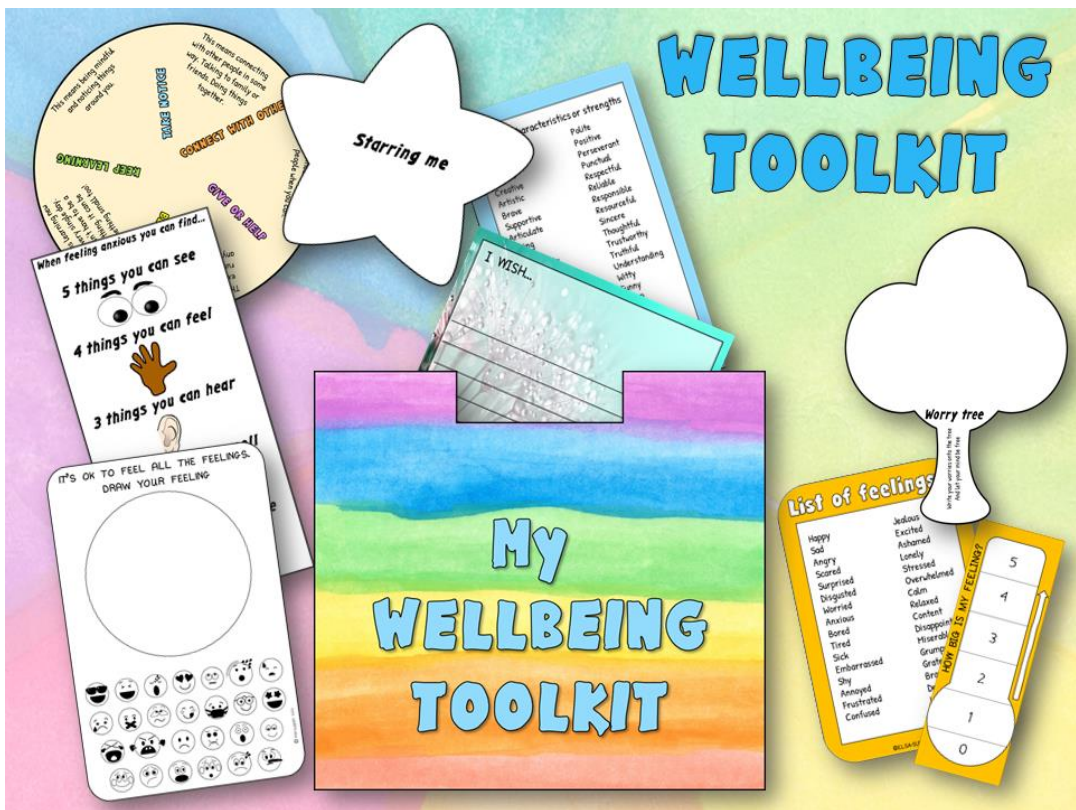




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Black thinking

Grey thinking

White thinking

It's rubbish

It's ok

It's perfect

It's wrong

It will do

It's just right

I hate it

I can see some good things in it

I love it

It makes me feel bad

It makes me feel great

It makes me feel anxious

I tried really hard

It makes me feel proud

It makes me feel embarrassed

I can learn from my mistakes and do better next time

Everything that I do has to be perfect

I want to rip it up

It makes me feel ok

There are NO mistakes which is brilliant

I want to do it again

I did it quite quickly so I know if I spent more time it could be better

I am happy to show it to people

I can't let anyone see that

Best place is the bin

It's ok to make mistakes

I am a success

It's full of mistakes and that is NOT ok

Everyone makes mistakes sometimes

I always have to give 100% of effort

There is nothing good about it

I achieved something

I don't have to give 100% effort on everything

I am a failure

I am not a failure

I didn't finish it

I did finish it



5

4

3

2

1

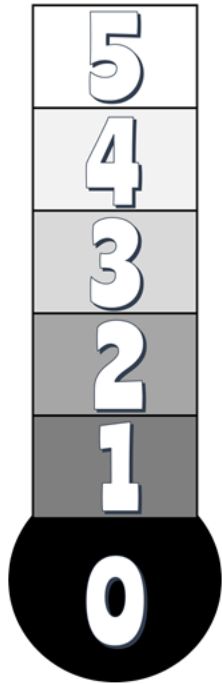
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It's ok to be
in the grey

Assess your work

Look at your work and decide where it is on the scale. Look for the GOOD. Remember it is OK to be in the grey!



It's perfect! I feel happy. I am happy to show anyone. I cannot see any mistakes. I am successful!



I tried hard and can see a lot of good things in my work. I can see some mistakes but realise that I can learn from my mistakes and do it better next time



I tried hard and I can see a few things that I did well and that I like. It's ok to keep. I feel ok



I did put effort in and I can see one thing that I like or did well. It's ok to keep. I feel ok.



I recognise that I tried hard but I don't like it and want to throw it away. I feel sad



It is completely wrong. I hate it. I want to throw it away and do it again. I feel like a failure! I feel anxious or embarrassed.



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