



## TERMS OF USE



This resource and its content is copyright of Elsa-Support Ltd.  
©Elsa-Support 2021. All rights reserved.

All free products on this site are subject to a **Creative Commons Copyright Licence**. You are free to copy, distribute, display, and perform the work under the following conditions:

Attribution: You must give the original author credit - that is **Elsa-Support**, and our copyright labels must remain on the resource.

Non-Commercial: You may **not** use this work for commercial purposes. **You cannot sell this work or use it for financial gain.**

No Derivative Works: You may **not** alter, transform, or build upon this work. **You must not change our work in anyway.**

**Thank you for abiding by copyright law.**



[www.elsa-support.co.uk](http://www.elsa-support.co.uk)

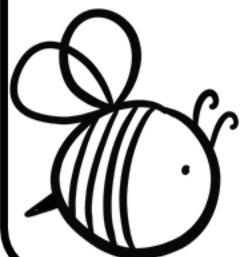




Other resources you will LOVE!



Please click the image to take you to this related and relevant resource:



[www.elsa-support.co.uk](http://www.elsa-support.co.uk)



# Black and White Thinking

5

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

©Elsa-Support



4

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



3

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



2

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.



1

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



0

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.

