



# TERMS OF USE

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**Voyage to Positive Thoughts**

INCLUDES 48 NEGATIVE THINKING CARDS AND AN EDITABLE FILE SO YOU CAN MAKE YOUR OWN

**Negative Thought Island**

- I am ugly
- I always make mistakes
- I can't do anything right
- I know they don't want me to hang around with them
- I should have revised for the test
- Everyone must be so disappointed in me

**Positive Thought Island**

- Has this happened before?
- Can I look at this in a more positive light?
- What is most likely to happen?
- Is this thought helpful?
- Where is the evidence to suggest this thought is true?
- What is the worst thing that could happen?
- Is there another way of looking at this situation?
- How would someone else see this?
- Are mountains being made over made hills?
- Are feelings affecting thinking?
- How likely is it that this thought is true?
- Is this thought worth all the energy? Could I be doing better things?
- Am I taking things too personally?
- Will this thought matter in 5 years time?
- Am I blaming someone else instead of taking responsibility?
- Am I jumping to conclusions?
- Is this a fact or opinion?
- What possible outcomes could there be?
- Does my future depend on this?



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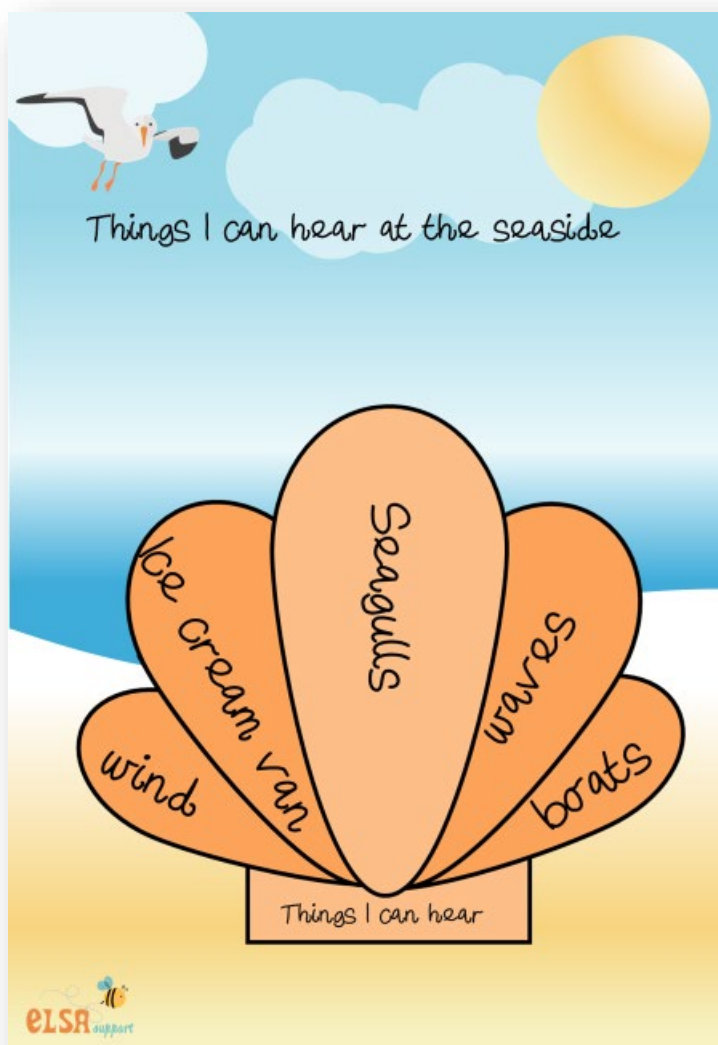


## Social and emotional 'shell' activities

Lots of ideas on how to use a simple crafting activity for social and emotional uses. This is an example of 'Things I can hear at the seaside'. Pupils fill the shell with things they might hear. Pupils can draw pictures inside the shell.

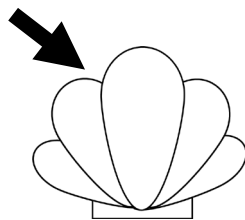
You could use this as a whole lesson for a small group of children or one to one support.

Crafting and making things has so many benefits. Pupils are more likely to chat to you and open up.

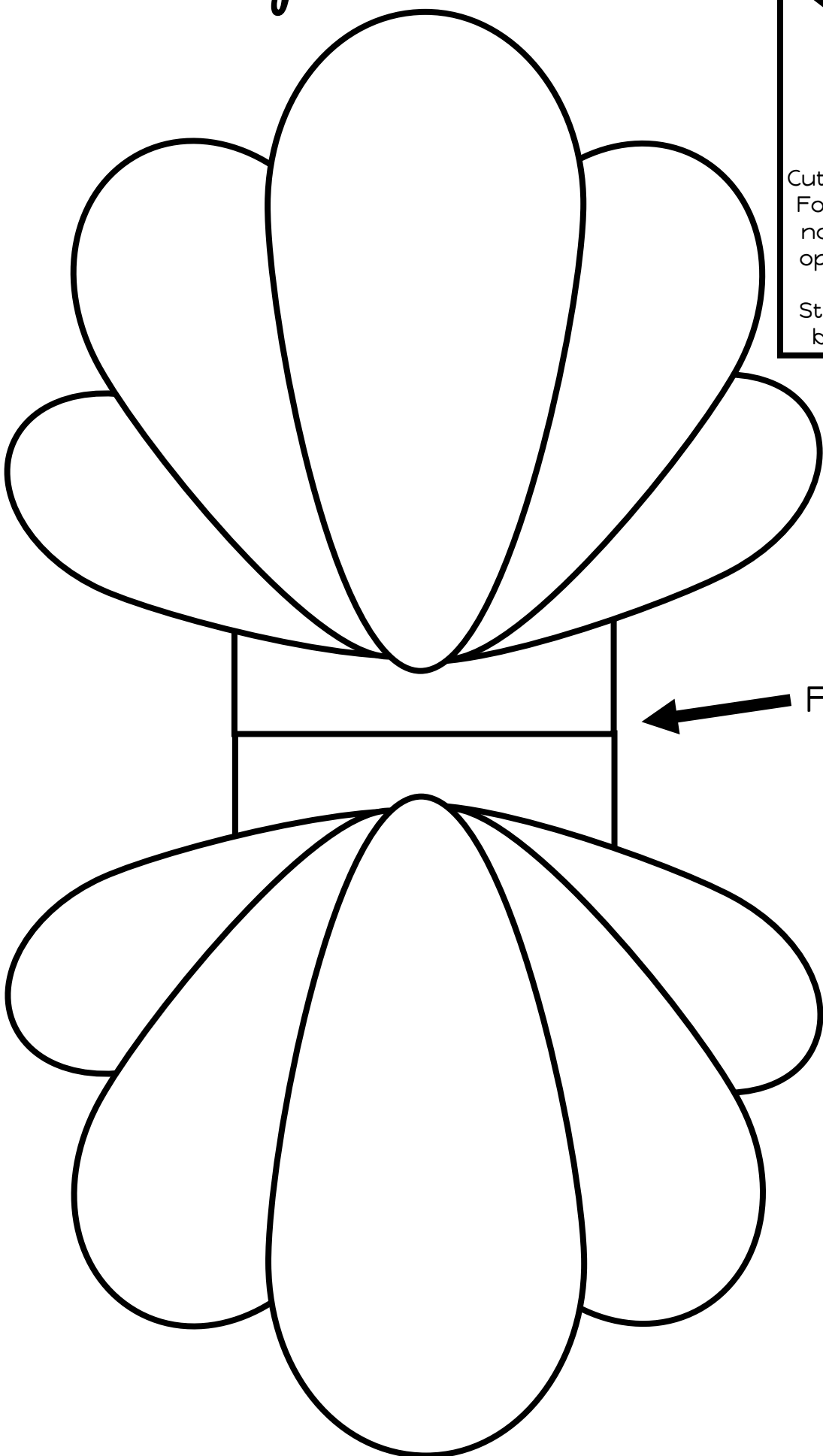


# Shell template

It looks like this



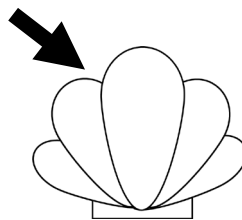
Cut out the whole piece.  
Fold in the middle. You  
now have a shell that  
opens. I wonder what  
could be inside?  
Stick your shell to the  
beach background



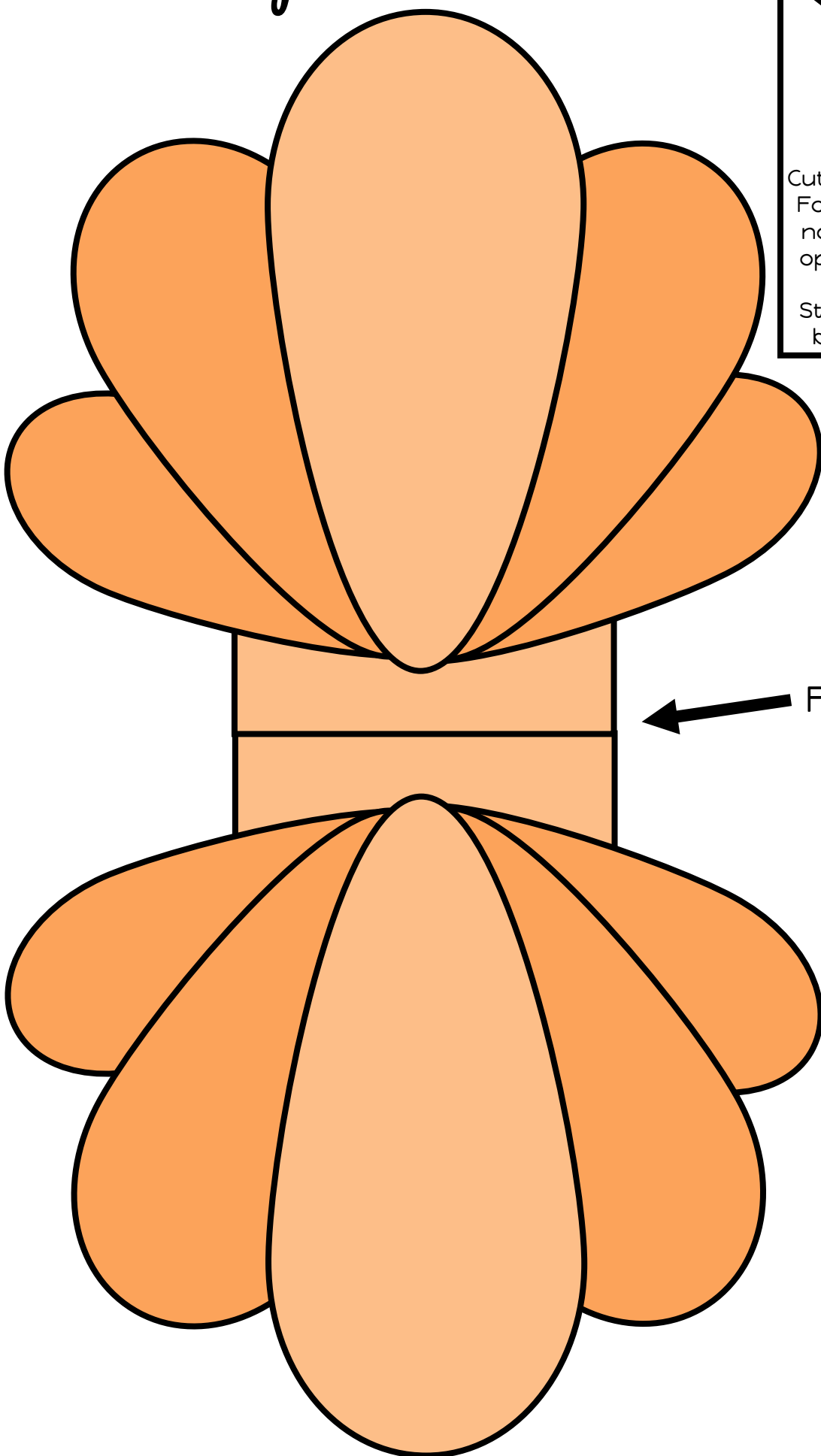
Fold here

# Shell template

It looks like this



Cut out the whole piece.  
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Stick your shell to the  
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Fold here

# Ideas for using the shell template

Add patterns and colour for mindfulness practice.

When you put a shell to your ear you can hear noises that sound like the sea. What might you hear if you were a shell laying on the beach? Decorate the shell with all the things you can hear and inside draw pictures of each thing.

How does being at the seaside make you feel? Write different feeling words on the shell and inside draw a seaside picture.

A seashell is hard because it protects whatever is inside. Inside is a safe place. Decorate your shell and then inside draw your safe place.

A seashell is home to different creatures. What is your home like? Decorate the shell and draw your home inside.

Some seashells contain pearls. Pearls are very precious and are often made into jewellery. Think about something very precious to you and draw it inside the shell for safe keeping. Decorate the outside of the shell too.

Shells can last for hundreds if not thousands of years. They are strong. The sea washes onto them over and over again. What makes you strong? Think about your strengths. Write on the front of the shell and draw pictures of you using your strengths.

Shells are a place of safety and protection. Who or what makes you feel safe. Write on the front of the shell and draw pictures inside of people or things that help you to feel safe.

