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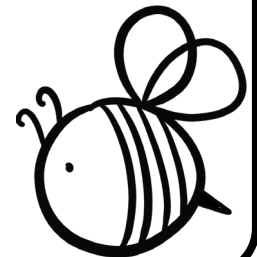
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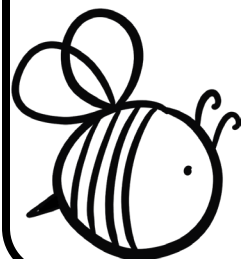
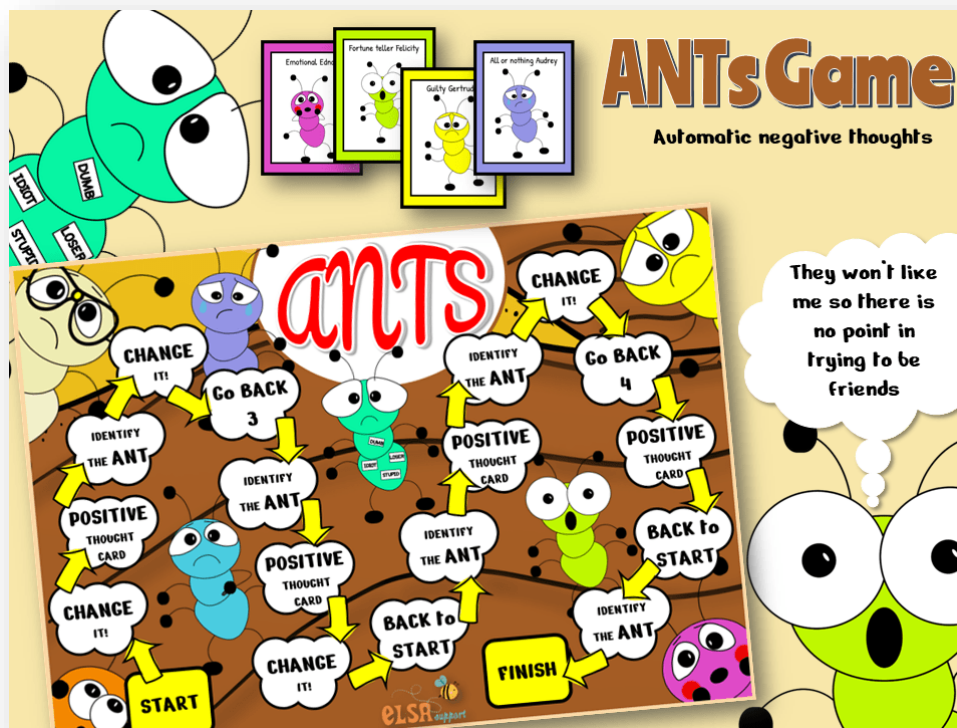




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Negative thoughts on trial

Help pupils to reframe their negative thoughts by weighing up the evidence for the thought and against the thought.

Can they create a new thought that is more positive? You might find the ANTs leaflet useful.

Click the image to take you to the resource



Negative Thoughts on Trial

Here is my negative thought...

Weigh up the evidence

FOR

AGAINST

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Here is my new positive thought...

Negative Thoughts on Trial

Here is my negative thought...

Weigh up the evidence

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