



What are
helpful and
unhelpful
thoughts?



What can we
do if we find
something
challenging?





Positive and Negative Thoughts

We can have both positive and negative thoughts.

look at the thoughts below.

I am useless at this.



I am finding this hard, but
I am going to keep going.



I am not going to do this
because I might get it
wrong.



I am going to have a go and
if I make a mistake I will
learn from it.



Sort them into two
groups – positive
thoughts and
negative thoughts.

Record your
answer using the
microphone

I can do this.



I can't do this.



I am going to try and do this.



I am not even going to try
to do this.



Facing New Challenges



Throughout our lives, we come across new challenges. We constantly have to learn new skills, or get better at things.

When you were a baby, you had to learn to walk and talk.

You learnt to feed and dress yourself.

You have also learnt to count, to draw, to write, to run and to jump.



Wow! That's a lot of challenges you've had over the years, but you have achieved so much!

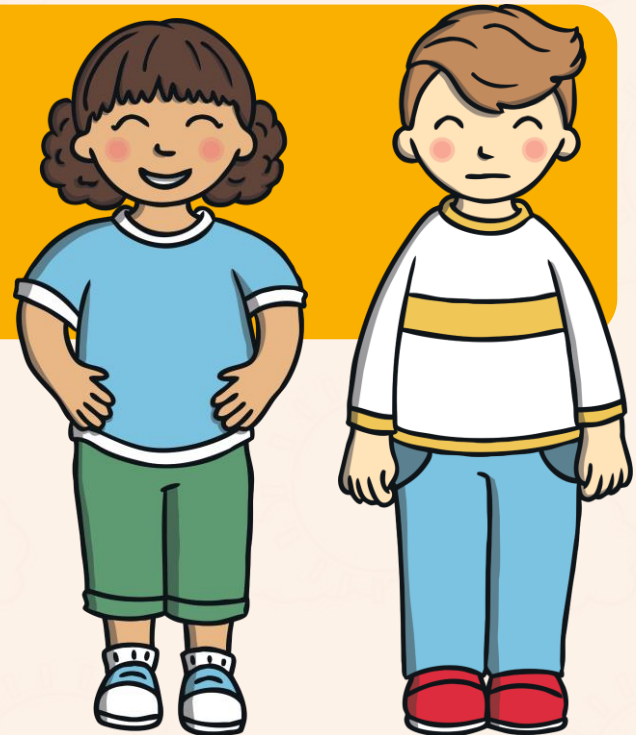
Facing New Challenges



When we are facing a new challenge, it can be very useful to have a positive mindset.

All those positive thoughts that we have been learning about can be really helpful when we want to learn something new or get better at something we find hard.

Meet Miah and Peter...



Facing New Challenges



Miah is a positive person. When she has to try something new or learn a new skill, she thinks things like, 'This is exciting' or 'I'll give this my best shot'.



Which thoughts do you think are helpful and which are unhelpful?

Whose thoughts will help them succeed in the new challenge?

Peter is a negative person. When he has to try something new or learn a new skill, he thinks things like, 'This is too hard' or 'I'll never be able to do this'.

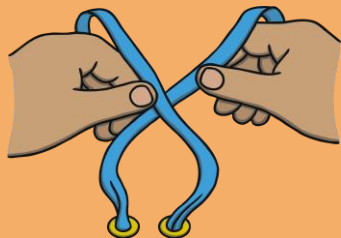


Showing Resilience



What is **resilience**? Record your answer using the microphone

not being
afraid to fail



trying again
and again



accepting when
things go wrong



learning from
mistakes



being prepared to
give something a go

not giving up

Showing Resilience



Someone who shows resilience is someone who doesn't give up when they find something challenging.

They **persevere** – that means they stick at it and try again.

People who persevere have much more chance of succeeding.

If you give up at something straight away, you will never achieve your goal.

If you persevere and show resilience, you'll be able to get better at something and make steps towards achieving your goal.

It's like riding a bike...



Showing Resilience



If you gave up the first time you wobbled...

Or if you never got back on your bike after falling off...



You'd never get better and you'd never learn how to do it.