

# NEGATIVE TO POSITIVE



In the table below there are a series of negative thoughts. Can you turn these into positive thoughts? You may wish to work with a partner to write your answers.

Use the two blank spaces to write your negative to positive sentences.

| NEGATIVE THOUGHT                                          | POSITIVE THOUGHT |
|-----------------------------------------------------------|------------------|
| I forgot to do my maths homework.                         |                  |
| Don't run in the corridors!                               |                  |
| I missed school and my friends so much during lockdown.   |                  |
| It's too hard!                                            |                  |
| She/he is so clever, I'll never be that clever.           |                  |
| I'm not good at this.                                     |                  |
| I never win at tennis.                                    |                  |
| I don't have many friends to play with.                   |                  |
| I only have 10 minutes to finish- I'll never get it done! |                  |
|                                                           |                  |

