

Circle of Support.

We all have days when we feel sad. Draw or write down some of the people you could talk to when you feel sad.

Ask someone to pick a number, then ask them the question.

1 Is it good that people often see things differently? Why or why not?	2 What are some of the benefits of thinking positively?
3 Is what we think always true?	4 How would you explain what the mind is?

LIVE LIFE TO THE MAX

08. Mind

This week we learned:

1. If we have Spiller thoughts they might not be true.
2. We can practice having Filler thoughts.
3. Filler thoughts make us happier.

Why not tell one person at home what you learnt about our minds today!



Watch the film again

www.ioio.org.uk

Activity

Experiment with these ideas and see what difference it makes to you in this next week!

Circle the face that matches how you feel after trying something this week.



- Tick if you've done it!
- Spend some time listing all your good points/all the things that are good about you.
- Remember three things that made you laugh at the end of each day for a week.
- Think about an experience when you had a tough time. How did you cope? What worked well for you? What do you need to remember for next time?
- Spend time with family and friends if you are feeling low.
- Throw negative thoughts away. List some negative thoughts about yourself or a situation on some paper then screw them up and put in the bin.
- Write a list of positive I am/I have statements. E.g. I am smart, I have good friends, I am good at?
- Create a distraction if your mind is filled with too many negative thoughts. You could do something creative, get active, listen to some music, watch a movie or box set.
- List some good things that are coming up in your life.
- Talk to someone if you are feeling sad or worried about anything.

Filler helps us think good thoughts and fills us up with positivity and Spiller always thinks the worst and want to get rid of positivity. Look at the thoughts below and draw a line to show which one is a filler thought or spiller thought.

I am smart

I am not good at anything

I love riding my bike, I am good at it.

Nobody likes me.

People are laughing at me.

I am going to help my friend.

I did well at school today.

We all get spiller thoughts but when we do we should try and replace them with something more positive. Rather than saying I am not good at anything thing of the things you can do and say I am good at some things.

