Positivity

I can set myself goals and consider how to achieve them.

> I understand that resilience means trying again and not giving up

> I understand that positive thoughts can help me achieve my goals

> I can think of things I would like to learn, get better at or achieve

We have both positive and negative thoughts.

Look at the thoughts below, can you sort them into positive thoughts and negative thoughts?

I am not even going to try to do this

I am going to try and do this

I can't do this

I am going to try and do 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

I am useless at this