

Think Positive

Think about a negative thought you have had recently. Write the thought on the top strip, the feeling you felt on the second strip and what you did or how you behaved on the third strip. Then cut out the three strips and make them into paper chain links.



Three horizontal strips for writing, each consisting of a solid blue rounded rectangle with dashed lines above and below it.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).