



MY THOUGHTS MY SUPERPOWER



CBT Focus: Thought awareness

Goal: To help the child recognise their thoughts and understand how they affect feelings and behaviour.

When I think about starting secondary school,
a thought that pops into my head is. . .

This thought makes me feel: 😞 😐 😊 😄 (circle one or draw your own)

When I feel this way, I usually. . .

Superpower Box

A more helpful thought I could try is. . .

This new thought makes me feel. . .

