

Train Your Brain

Having positive thoughts about our learning can help us to enjoy learning more and believe in ourselves.

Sort these thoughts into helpful thoughts and not-so-helpful thoughts.

Can you add a thought of your own into each box?

Helpful Thoughts

Not-So-Helpful Thoughts

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

Cut out these thoughts and sort them into the table on your activity sheet.

I will keep trying.
I can't do this.
I'm not good at this.
This is too hard.
I'm going to do my best.
I can't do any better.
I will try another way.

This is boring.
I can do this.
I don't want to.
I can ask for help.
I give up.
I want to learn.
I am proud of myself.

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Train Your Brain **Answers**

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Helpful Thoughts

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Not-So-Helpful Thoughts

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