

My positive thought bubble

Who is this resource aimed for?

This is a resource for children that think they are not good at things and other people might be saying unkind things to them.

With the help from a teacher; use these bubbles to think about things you feel either good or okay about. It might be your teacher or a trusted grown-up can help you think of extra things. You might be able to finish this straight away but you can keep on coming back to it. Or using it when you feel extra worried about not being good at things.

