

Flow Chart – Exercising Our Thinking Muscles

Opening Game: The Power of Thought



The Line Game: Our Thoughts



The Story: 'A Positive Attitude'

In Be Positive! Think Positive! Feel Positive!

Surviving Primary School.



**Everyone shares something good that has
happened to them this week.**



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Conclusion: “The Rule for the Power of Thought” in Be Positive! Think Positive! Feel Positive! Surviving Primary School



Quiz: Who rules who? Do we rule our thoughts or do our thoughts rule us?



**The E.T.R. model:
Event -Thought - Response**



**Positive thinking leads to positive outcomes and vice versa. Worksheet:
“Simply Me” Writing About Myself
(In Be Positive! Think Positive! Feel Positive!
Surviving Primary School).**



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The Main Conclusion: If we believe in ourselves and think positively, we will have a good self-image.



**A question to the class:
Share examples of occasions when you thought positively and something good happened.**



**The Story: Inferiority Complexes
In Be Positive! Think Positive! Feel Positive!
Surviving Primary School.**



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The Rule about Inferiority Complexes
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Examples:
How can we imagine positive outcomes
instead of negative ones?



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