

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.



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).**



SimplyMe
INTERNATIONAL

Empowering Teachers To Empower Students

www.SimplyMeInternational.com

© Orly Katz. All rights reserved

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.**



SimplyMe
INTERNATIONAL

Empowering Teachers To Empower Students

www.SimplyMeInternational.com

© Orly Katz. All rights reserved

**The Rule about Inferiority Complexes
In Be Positive! Think Positive! Feel Positive!
Surviving Primary School.**



**Examples:
How can we imagine positive outcomes
instead of negative ones?**



SimplyMe
INTERNATIONAL

Empowering Teachers To Empower Students

www.SimplyMeInternational.com

© Orly Katz. All rights reserved