



Headstrong

Week 12



Unhelpful thoughts



What do you think?

A student in your class has a presentation tomorrow in front of lots of people.



What might this young person think about the upcoming task?

Helpful thoughts?

Unhelpful thoughts?

Unhelpful ways to think



Watch the video

What different types of unhelpful thinking can you spot?

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health/>

Identifying unhelpful thoughts

Match the three types of unhelpful ways of thinking to the examples below...



Disqualifying the positives

Ignoring the positives and only paying attention to the negatives.



Catastrophising

Imagining that the worst possible scenario will happen.



Thinking in black and white

Thinking something can only be good or bad / right or wrong and ignoring the shades of grey in between.

A: The last Instagram picture I uploaded didn't get any comments – people don't like me.

B: I am terrible at football; last match I played I scored a goal but I lost the ball loads of times.

C: Everyone in the whole class will think I am not clever if I get an answer wrong in the lesson.

Reframing unhelpful thoughts



Choose one of the unhelpful thoughts below.

I have so much homework.
I can't do any of it!

I don't want to do sports day;
everyone will laugh at me.

I'm scared to start my new school;
I won't make any friends.

That exam was so hard, I've
definitely failed.



Use the thought clouds to discuss how these students could think differently.

Does the thought make them feel good?

If your friend had this thought, what would you say?

Why might this not be a great way to think?

What is the opposite thought to this?

Why might the thought not be correct?

Are there other things that could happen which they have not thought about?

Thinking together



1. What might trigger unhelpful thoughts?
2. Do situations always turn out the way you thought they would? Why do you think this is?
3. Do you think people are more critical of themselves than others? How might this impact their thoughts?

Having unhelpful thoughts is normal.

But sometimes a young person might feel stuck in a pattern of negative and damaging thoughts and need some help.

If things get difficult, it is important to speak to a trusted adult and get some more support.

Childline: [childline.org.uk/info-advice](https://www.childline.org.uk/info-advice)

Or call 0800 1111

Shout: Text 85258



What do you think?

For each statement tick the box to show whether you think it is a helpful or unhelpful thought.

Challenge:

How might students feel when they have unhelpful thoughts?

Statement	Helpful thought	Unhelpful thought
I am not going to be good at speaking in public.		
I will feel proud of myself once I've finished it.		
There is no point in trying as I will not do well.		
I should be ok as I have done presentations before and they were ok.		
My teacher says I am a good public speaker.		
Students will laugh if I say something wrong.		



The Hitchin
Christmas
Tree
Festival
2022



Holy Saviour
Church

Radcliffe Road
Hitchin
SG5 1QG



Friday
9th December
3pm - 8pm

Saturday
10th December
12noon - 6pm

Sunday
11th December
12noon - 6pm

Refreshments
available

Admission £5

Accompanied children FREE

Email: ctf@holysaviourhitchin.org.uk

Facebook: HitchinChristmasTreeFestival



XMAS FOOD DRIVE



Friday 9th December 2022



PLEASE DONATE FOOD AND HELP THOSE LESS
FORTUNATE IN YOUR COMMUNITY

NON PERISHABLE ITEMS ONLY. THE ITEMS ESPECIALLY NEEDED FOR
CHRISTMAS ARE SHOWN IN **RED** BUT ALL DONATIONS GRATEFULLY
RECEIVED. **CRATES WILL BE AVAILABLE IN MAIN SCHOOL, LOWER
SCHOOL AND WOODSIDE FOR YOUR DONATIONS.**

(Please ensure the best before/use by date on all donations are in date)

<i>Christmas Cake (Slab/Bar)</i>	<i>Dried Milk</i>
<i>Christmas Pudding</i>	<i>LHT Milk (Semi-skimmed)</i>
<i>Tinned Ham</i>	<i>Long life Fruit Juice</i>
<i>Box of Biscuits</i>	<i>Dried Potato (Instant Mash)</i>
<i>Box of Chocolates</i>	<i>Sponge Puddings</i>
<i>Chocolate Bars</i>	<i>Jam/Marmalade</i>
<i>Selection Box</i>	<i>Tinned Ham</i>
<i>Christmas Crackers</i>	<i>Jars of Pickles</i>
<i>Cranberry Sauce</i>	<i>Pasta Sauce</i>
<i>Snacks/Nibbles/Nuts</i>	<i>Packet Soup</i>