

UNHELPFUL AND HELPFUL THOUGHT CARDS

Upper Primary

I'm hopeless at Math's

I have no one to play with.

*I hope Dad doesn't
forget to pick me up.*

*I'm going to have a
great day at school today.*

My homework is too hard..

I'm going to fail the test.

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Upper Primary

I hope I don't get into trouble.

I never get to have any fun.

*This is way too hard,
I'm just not smart enough.*

I will give it my best shot.

I can do this.

I'm not looking forward to today.