



# Thoughts and Feelings



twinkl

# Sort the Thoughts



Let's see what you already know about positive and negative thoughts.

Read the thoughts on the next slide and with your partner, sort them into helpful (positive) and unhelpful (negative) thoughts.

**Helpful**  
(positive)



**Unhelpful**  
(negative)



# Sort the Thoughts



"I'm rubbish at maths!"

"I can't wait to see my friends today!"

"I bet I come last in this race."

"I love making my friends laugh!"

"Oooh, this looks like an interesting challenge!"

"This is impossible!"

"Let's see if I can get a better score than I did last time."

"I give up!"

"What if I get picked last for the team?"

"I hate reading!"

"That was tricky but fun!"

"With a bit of help, I can do this."

# Just a Thought



Thoughts are the words we say to ourselves, in our heads, without speaking out loud.



We think automatically and have many thoughts every hour of every day.

Our thoughts are private unless we choose to share them with others out loud.

People can have different thoughts about the same thing.



# Thoughts vs Feelings

A cartoon illustration of a girl with long black hair, wearing a pink long-sleeved shirt and blue pants, walking on a paved path. She has a brown messenger bag. The background shows green trees, a fence, and a blue car. A large white thought bubble with an orange border is positioned to her right, containing text. The entire scene is set against a background of orange sun icons.

Oh no, I've left my homework in the car and Dad has just driven off. He should have reminded me before I got out of the car. Now I'm going to get into trouble. It's so unfair.

What sorts of feelings might this thought lead to a person experiencing?

# Thoughts vs Feelings



Fourth place! I never win. And stupid Luke won again. There's no point in trying – I might as well give up now.

What about this runner? Read their thought in the thought bubble and think about how they might be feeling.

# Unhelpful Thoughts



Can you see how some thoughts are unhelpful, while others are helpful?

Imagine you arrive at school and a group of children are looking in your direction and talking to each other.

What would an unhelpful thought be? (A negative thought that would make you feel worried.)

What would a helpful thought be? (A positive thought that won't lead to uncomfortable feelings.)

Discuss your ideas with a partner.



# Unhelpful Thoughts



Some thoughts lead to good feelings, while others make us feel negative emotions, such as **sadness**, **anxiety**, **anger**, **worry**, **jealousy** or **panic**.

These negative emotions can be uncomfortable and unhealthy – it isn't good for our mental health to experience these sorts of emotions too often.

The good news is that we can actually train our brains to think more positively.

We can talk back to negative thoughts with positive ones. Fewer unhelpful thoughts means fewer uncomfortable emotions.



# Unhelpful Thoughts



Here is the child who has seen a group of children looking in their direction and talking to each other.

An illustration of a young girl with brown hair tied back, wearing glasses and a white short-sleeved top. She has a sad expression. In the background, there is a school building with windows and a green lawn. Three small white circles lead from her head to a large thought bubble.

Oh no! They're looking at me. I bet they are making fun of my new glasses. They probably won't let me play with them now and I bet they call me names. Now I'll have no one to play with. Today will be a bad day!

Think of a positive, more helpful thought the child could replace this thought with.

# Unhelpful Thoughts



Although we can't control what thoughts we have, we can choose how to react to those thoughts.

And once we are good at recognising unhelpful thoughts, we can start to manage them.

When an unhelpful thought pops into our head, we can ask ourselves...

- Is what I'm thinking really true?
- Is this thought important or is it actually a bit silly?
- How is this thought going to make me feel and do I want to feel that way?
- How is this thought going to affect what I do?
- Do I need to share this thought with anyone?
- What would be a more helpful thought in this situation?

**Consolidating**

**Reflecting**



# A Thought Superhero!



What would your tiny superhero, inside your head, look like?

They might look a lot like you.

They might take the form of a brain or a thought cloud.

They might be some kind of creature – your favourite animal perhaps?

It's entirely up to you!  
Today, you are going to design your own superhero who you can imagine helping you whenever you have unhelpful thoughts.

