

**KS4: Lesson 2 Resource 1 – Attitude continuum**

1. People can improve at anything if they work hard enough at it.

AGREE ← ..... → DISAGREE

2. Making mistakes is embarrassing so it's best to be sure of the answer before contributing.

AGREE ← ..... → DISAGREE

3. If someone has to try very hard at something, it's because they don't have natural talent and they are wasting their time.

AGREE ← ..... → DISAGREE

4. Most successful people have created their own luck.

AGREE ← ..... → DISAGREE

5. If someone knows a project will be a challenge as it doesn't suit their style of working, it's best to find something else to work on.

AGREE ← ..... → DISAGREE

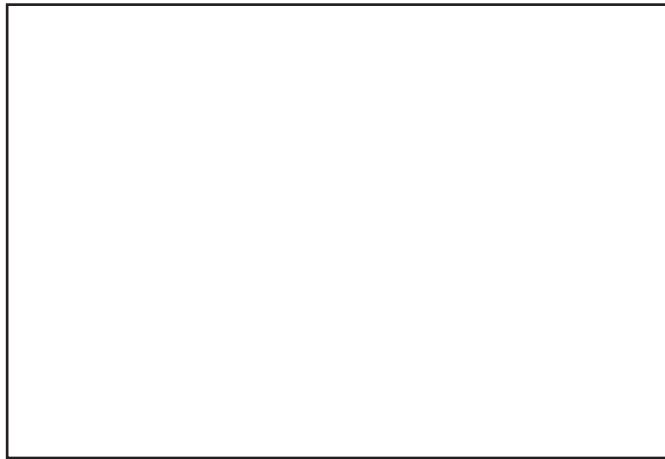
## KS4: Lesson 2 Resource 2 – Negative Thinking Patterns Match

Research has found many ways people can get stuck in negative thinking patterns that stop them feeling better and acting in a more positive way. Match the term to the definition and example.

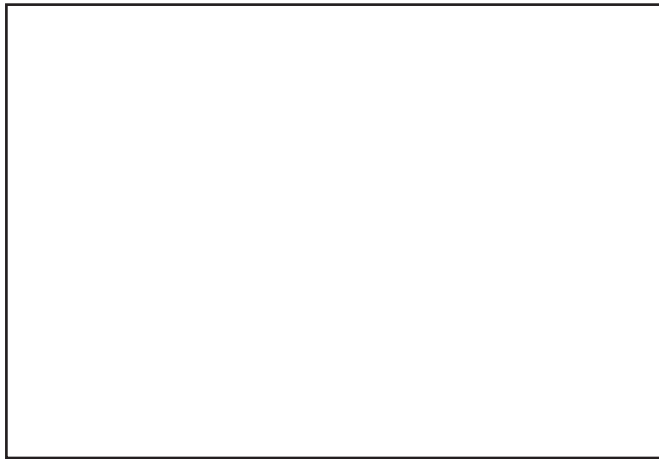


<b>Personalising</b>	Assuming something is your fault	Suzie blanked me this morning – I must have done something wrong.
<b>Mind reading</b>	Thinking you know what someone else is thinking.	I bet they all think I'm a complete idiot for failing that test.
<b>Labelling</b>	Giving yourself a negative name or quality.	I'm so useless!
<b>Fortune-telling</b>	Assuming you know how things will turn out.	I never score a goal so there's no point even trying!
<b>Catastrophising</b>	Assuming the worst possible outcome.	If s/he says 'no', everyone will think I'm 'undateable' and I'll be alone forever.
<b>Overgeneralising</b>	Making big judgments based on small, one-off's	I've done really badly on my spelling vocab today – I'm bound to fail my Spanish GCSE.
<b>All-or-nothing thinking</b>	Seeing things in 'black or white' terms – success or failure, good or bad.	I've been saving money all week by walking to school but I was running late today so had to take the bus – I might as well not bother saving for a TV as I'll never save enough.
<b>Should statements</b>	Telling yourself how you 'should', 'must' or 'ought' to be/feel/act.	I shouldn't do that or people won't like me.
<b>Filtering</b>	Only focusing on the negative elements of a situation and missing the good that came out of it.	I had loads of people at my birthday party but my best friend didn't come so it was ruined.

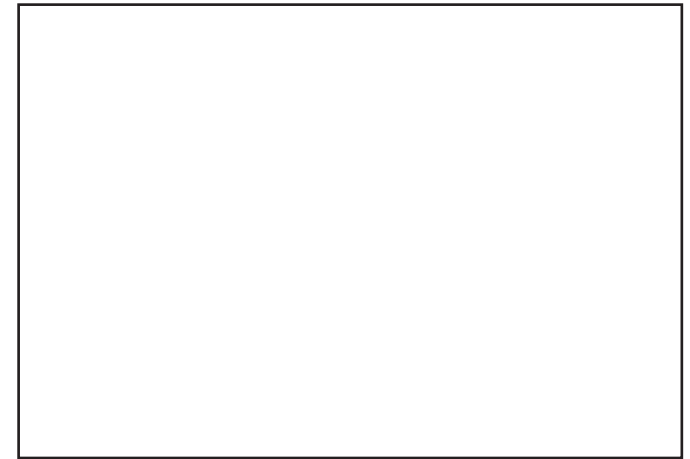
## KS4: Lesson 2 Resource 3 – Storyboard



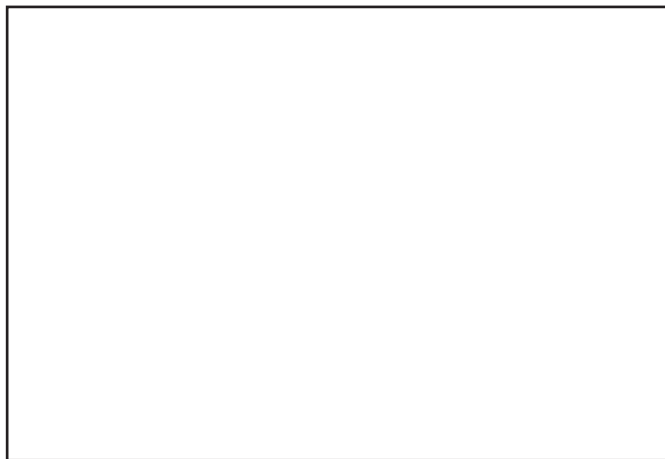
Aleema was upset because she had a row with her friend Dina.



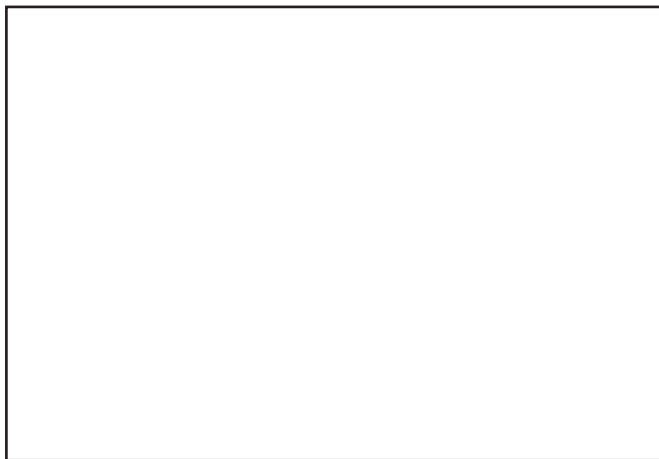
She started to worry that their friendship was ruined and Dina would never talk to her again.



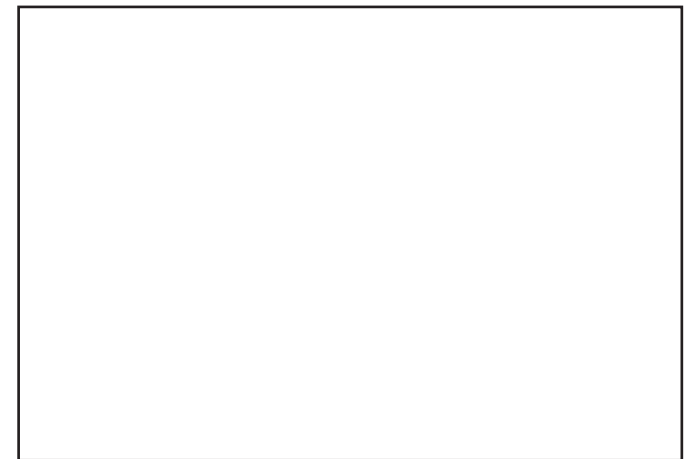
But then she realised that she was using a negative thinking pattern called .....



Aleema decided to...



Dina said that...



In the end...