

Fill the monster's brain with positive thoughts

Cut out all the thoughts below and stick the positive thoughts on the monster's brain. Remember - positive thoughts are thoughts that make you feel good!



I am clever



**I am a good
friend**



I am happy



I look nice



I am scared



**I don't like
the dark**



**No one
likes me**



I am kind



I am loved



I am amazing



**I am good at
maths**



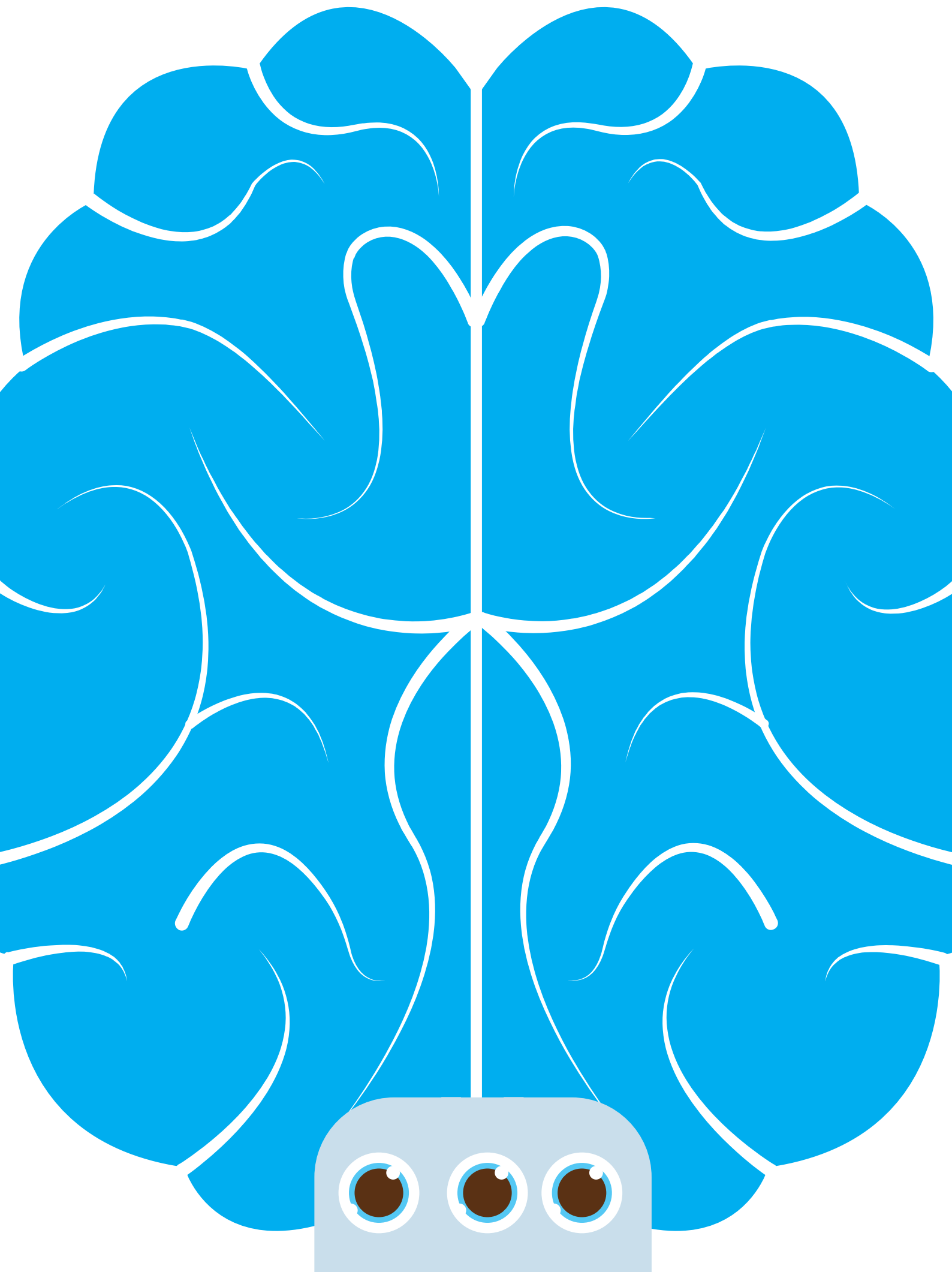
**I can't do
anything right**

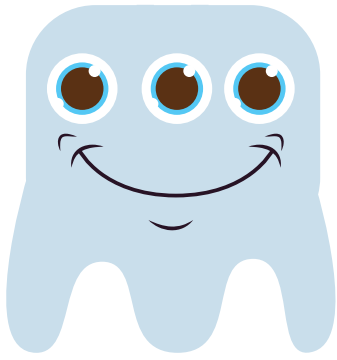


I feel stupid



**I can do
anything**





Look! Our monster is smiling! Can you think of some more positive thoughts and write them in the empty thought bubbles below?

