

WHICH NEGATIVITY TRAP?

Read the following stories and write down which of the above Negativity Traps Emma and William are falling into:

Emma loves chatting with her friends but today something happened in school which really upset her. The friend who is usually hanging out with her was talking with some other girls and ignored her when she was trying to become part of the circle. On the way home from school her friend walked home with somebody else rather than her. Emma is thinking 'Nobody wants to be with me', 'Who I though was my best friend is no longer my friend'

Fill in alone/in pairs/in a group:

Emma is falling into the following Negativity Traps

How could Emma be more optimistic?

William was playing football after school but he didn't score any goals while Ronan scored several goals and everyone was cheering him on, no one was noticing William passing the ball to Ronan which enabled Ronan to score the goal. Ronan didn't even speak to him after the game but hurried to the girls who were cheering him on. William is thinking that it isn't really worth playing football any more even though he loves the game, he is thinking that it is too difficult to deal with Ronan being so popular and everyone ignoring him.

Fill in alone/in pairs/in a group:

Which negativity trap is William falling into?

How could William be more optimistic?