

Who is the most important person you will ever talk to?



Have you ever met anyone famous?





The Queen is very important.

If you met her, what would you ask her?

Who is the most important person you will ever talk to?

Have you got any ideas now?



Do you talk to yourself?



Everyone does - when you do, it is your
thinking.



Our thinking keeps our mind
healthy!

When we think we
remember to tear!

T - Thinking

E - Emotions - come with
thoughts

A - Actions - come from
our emotions

R - Results



Imagine... Today's maths task is really hard.



You could:

Think it is too hard.

Emotions are negative and upsetting.

Actions - we may give up and not try.

Results - no learning happens and we still don't know what to do.

Or... The day could go like this:

You could:

Think this is hard but I will go for it.

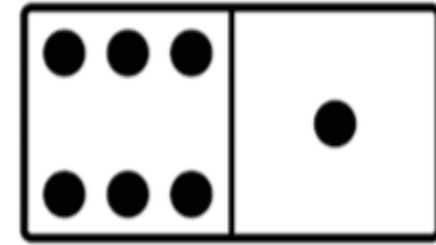
Emotions are positive and happy.

Actions - we go for it and use adults to help and advise.

Results - we have learnt something new!

Tomorrow will be great!

If we tear it up in a bad way - our thinking is faulty.



If we tear it up in a good way - our thinking is fruitful and healthy for our minds.



Blue Cap Thoughts:

When faulty could happen think:

- Take a deep breath
- Have a mindful moment
- Ask for help or tell someone
- As yourself what if I try...
- We could take a minute to talk to God.



Our Christian Values can help us to do our positive TEAR:

- Courage
- Perseverance
- Wisdom
- Friendship
- Respect
- Trust



WWJD:

"I can do all things through him who strengthens me."

PHILIPPIANS 4:13



Prayer for Positivity and Perseverance

Lord Jesus,

Thank you for my life and the gift of learning you have given me. Help me to remember that in the challenges you are there. I have no need to worry. There is nothing that will ever happen that we cannot handle together.

In Jesus name,

Amen