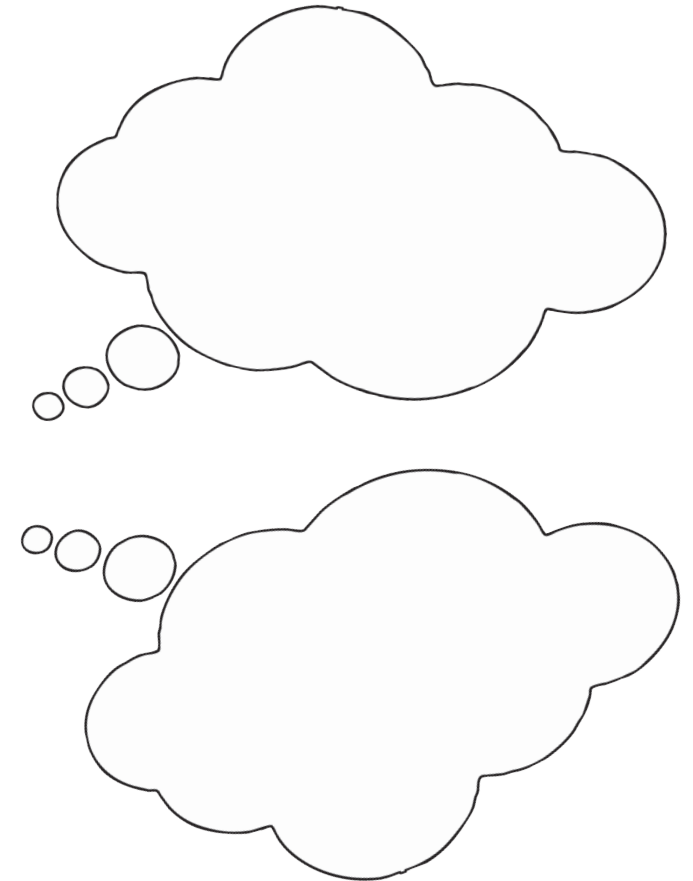
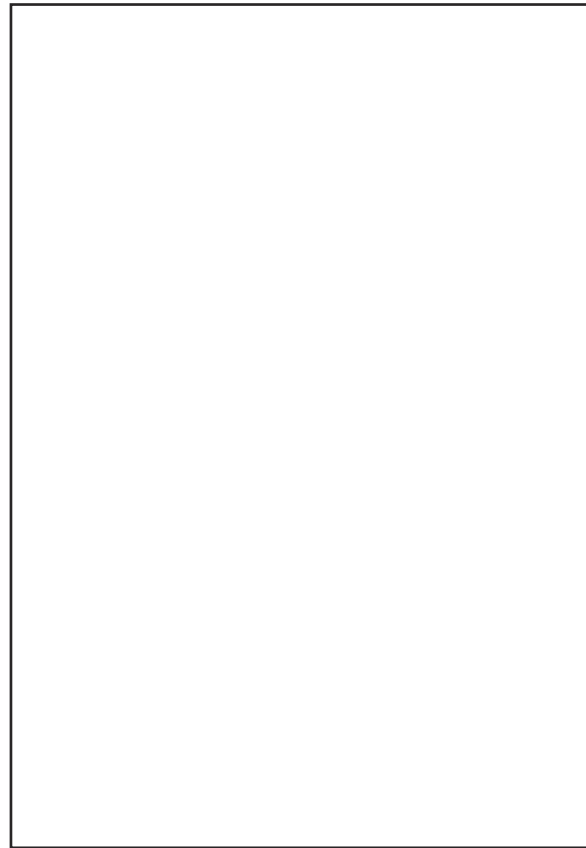
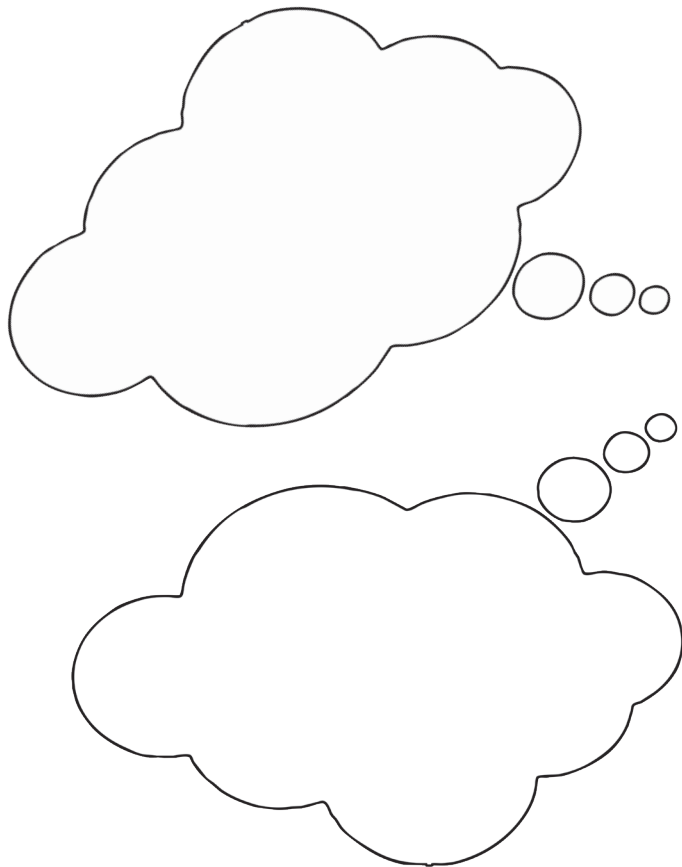


Thoughts and Feelings

Imagine having your very own tiny thought superhero in your head! This little super hero will defend you against unhelpful thoughts and talk back to them with positive words and phrases making you feel better. What will your thought superhero look like? What powers will they have and what will they do and say? Draw your thought superhero below and add some super positive, helpful thoughts in the thought bubbles.



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).