

COPS

Confident

Look confident
Think confident thoughts
Say positive things
Learn from mistakes
Have a go



ROBBERS

Boredom
Laziness
Stress
Tiredness
Loneliness
Teasing

T.v., internet
Some friends
Resentment

Organised

Have goals
Make plans
Write things down
Organise equipment
Create a study space

REWARDS

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GOALS



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Persistent

Work Hard
Keep trying
Ignore distractions
Practice lots
Stay cool under pressure

Social skills

Remember the Golden Rule
Cooperate
Think before you act
Play by the rules
Have fun with others

My goals



Name Date

My goal this week

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.....
.....

Robbers Catch them how?

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.....
.....

Who else should know?

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.....
.....

Helpful thoughts

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.....
.....

Mission accomplished Date

Reward

Helpful thoughts

Our thoughts can help us feel good but they can also make us feel bad and then we don't do as well...



Is this a helpful thought? Circle Yes or No

Thought	Feeling	Helpful?
"Something bad might happen"	scared	yes / no
"Even if I make a mistake I will try"	brave	yes / no
"I want to stop trying"	tired	yes / no
"I don't want to do it"	stubborn/scared	yes / no
"I can try to do this"	strong/confident	yes / no
"It's too hard"	hopeless	yes / no
"I'll do my best"	brave	yes / no
"I will try again"	confident	yes / no

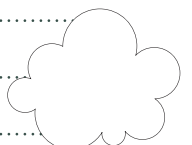


Your turn

Catch your unhelpful thoughts and make them helpful

Unhelpful

Helpful



✍ Values

Democracy

Learning

Family

Love

Humour

Friends

Tidiness

Health

Hard work

Thankfulness

Participation

Peace

Fun

Security

Freedom

Responsibility

Kindness

Politeness

Adventure

Creativity

Wisdom

Beauty

Honesty

Excellence

Happiness

Fairness

Intelligence

Respect

Courage

Forgiveness

Self-control

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.....

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Problem solving page

Step 1 – Define the problem

What is the problem?

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How do you feel?

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.....

What are you afraid of / worried about?

.....

.....

What do you need?

.....

.....

Step 2 – Brainstorm

Think of all the ideas that might solve this problem without saying if it is a good idea or not.

	Step 3
.....	yes / no
.....	yes / no
.....	yes / no
.....	yes / no
.....	yes / no
.....	yes / no

Step 3 – Evaluate

Look at each brainstorm idea and ask: 'Is this a fair idea?', 'Can this be done?', 'Does this idea meet everyone's needs?'. Circle yes / no

Step 4 – Make a plan

Use these ideas as a plan. Write down who you need to help you. Try your plan for 3 weeks. See if it works. If it does, celebrate - if not, work out a new plan.