



Cup Up Negative Thoughts Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- ▶ The Cup Up Negative Thoughts worksheet
- ▶ Paper cup
- ▶ X2 Pieces of paper
- ▶ Elastic band
- ▶ Pens / pencils

L.O:

- ▶ To know how to recognise negative thinking.
- ▶ To be able to manage negative thoughts.

STARTING ACTIVITY (5mins)

GROUP DISCUSSION – Together talk about why we can be hard on ourselves and it makes us feel. Have volunteers share times when they have been hard on themselves.

MAIN TEACHING (10mins)

Following on from the group discussion, tell the children that it can be easy to forget about our own qualities, especially if we are feeling low. But we shouldn't put ourselves down as there is always something we can be proud of, whether that is something we have achieved, a talent or ability, knowledge or even experiences we have had.

Have the children think again about a time when they have been hard on themselves and see if they can identify what made them feel like that, and if there was anything in particular that triggered it. Tell them that often these feelings can arise out of the blue but that does not mean that we cannot be prepared for them or figure out what makes us feel such a way. Which is what we are going to do in the activity.

- MAIN TASK - Cup Up Negative Thoughts (15mins)

Tell the children that we are going to design a little cup for negative thoughts that we will write down

to remove them from our mind. Have the children decorate a paper cup and write "negative thoughts" on the cup.

Once they have done that, using a piece of paper and an elastic band, cover the top of the cup and cut a slit in the paper (like a money box) to slip your negative thoughts into.

Have the children take some time to think about any negative thoughts they might have that day, write them on a small scrap of paper and place them in their negative thoughts cup.

PLENARY (2mins)

GROUP DISCUSSION – Have the children discuss what else they could use this kind of cup for, such as sad thoughts, angry thoughts, or even to collect happy thoughts.

DID YOU KNOW!

It is suggested that it took more than 20,000 workers over 23 years to build the Great Pyramid of Giza. Check out more facts in our Fact Files video.

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CHILDREN'S SHEET

We are going to design a little cup for our negative thoughts that we will write down to remove them from our mind. First of all decorate your paper cup and write "negative thoughts" on the cup.

Now using a piece of paper and an elastic band, cover the top of the cup and cut a slit in the paper (like a money box) to slip your negative thoughts into. (You may need to ask an adult to help cut the slit).

Finally take some time to think about any negative thoughts you might have today, write them on a small scrap of paper and place them in your negative thoughts cup.

