Parent Education Resource Package for Primary Schools

Building bright minds:

**How to support children’s cognitive development?**

**Worksheet on Negative Thoughts**

**Objectives:**

1. To help parents understand the different negative thoughts that their children might have arising from academic stress.
2. To help parents understand how to replace their negative thoughts with positive ones.

Activity Duration: About 5 minutes

**Instructions:**

Children’s negative thoughts will cause negative feelings, which will then impact on their performance negatively. Therefore, changing children’s negative thoughts can reduce their negative feelings so as to help them enhance their abilities and behaviour. If your children have the following negative thoughts about learning, how can you respond and help them think differently?

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| Children’s negative thoughts | Positive thinking sentence structures | Your responses |
| “Sigh! I studied so hard, but I still did so poorly!” | “...I learnt...” |  |
| “I did so badly on this exam, so how can I do well in the next one?” | “Afterwards, I can...” |  |
| “I did badly in mathematics, so I will definitely do badly in English!” | “...but that doesn’t mean...” |  |
| “There’s a grammatical mistake in this sentence!” | “Although..., ...” |  |
| “I only did well in this test because I was lucky.” | “I did well this time because...” |  |