

## **Rising Tide 'Thoughts Become Behaviour-Thoughts**

I think nobody will want to be my friend

I don't think I can do times tables

I don't think it'll be fun to try swimming at the beach with my mum

I don't think I'll get picked for any team

I think I'll mess up my speech if I do it in front of the class

I think my aunty will yell at me for misbehaving when I'm at her house

I think I won't like mushrooms because my brother said they're gross

## **Rising Tide 'Thoughts Become Behaviour-Behaviour**

I don't try mushrooms because I won't like them anyway.

I don't bother practising my times tables because I'll never be able to remember them.

I be silly and rude because I'm sure my aunty will yell at me anyway.

I worry so much about my speech that my tummy hurts and I can't go to school on speech day.

I ask to do something else at sports time so no-one knows I want to play.

I don't take my togs when we go to the beach so I can't try swimming with my mum.

I don't join in or speak to others so no-one knows I'm looking for a friend.