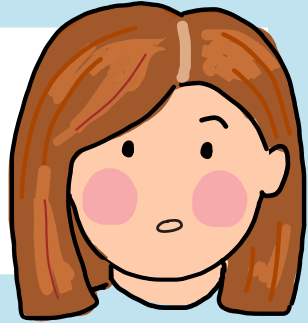


Chloe's situation



What's going on? **Chloe keeps failing**

Describe the situation: Chloe has worked hard for some key exams. On the day the results get put up school Chloe is fearful she will have failed everything. She deliberate turns up to look at the marks when no one else is around. She takes one look at the sheet and notices she's failed one of the exams. Chloe jumps to the conclusion that she's failed all 5 exams.

My thoughts:

- I've failed everything
- People will think I'm stupid



My feelings:

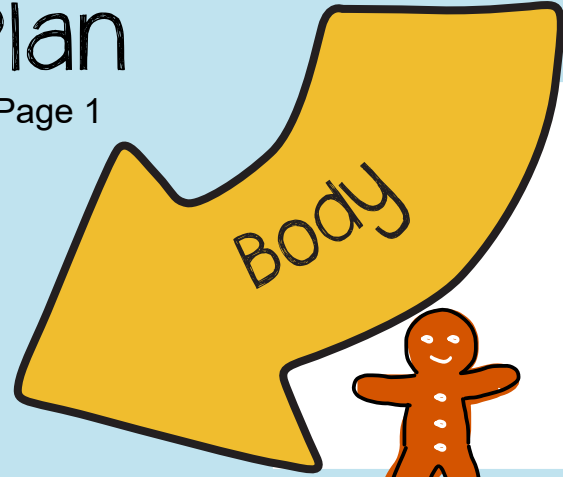
- Down
- Embarrassed
- Upset

Teacher Session Plan

Page 1

My behaviour:

- Cries
- Want to be alone

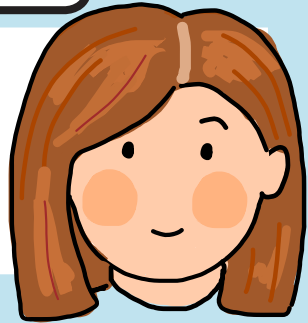


My body:

- Feel sick



How could we help Chloe to feel better and turn things around?



What's going on? **Chloe keeps failing**

Describe the situation: Chloe has worked hard for some key exams. On the day the results get put up school Chloe is fearful she will have failed everything. She deliberate turns up to look at the marks when no one else is around. She takes one look at the sheet and notices she's failed one of the exams. Chloe jumps to the conclusion that she's failed all 5 exams.

Teacher Session Plan

Page 2



My thoughts:

I did pass 4/5 exams
 It wasn't just me that failed
 Slow down and reflect on my thoughts
 I've noticed the unhelpful thinking style 'having a gloomy view of the future'
 If it was my friend who was thinking in this way I would tell them to enjoy the great marks and remember that the failed exam can be re-taken.

My feelings:

Reassured
 Supported

My behaviour:

Look at the results with my friends who congratulated me on passing 4/5 exams and made me realise that my thought wasn't correct that I'd failed everything.

My body:

More relaxed

