

**SESSION 2**

Date:

School:

Class:



| Activity  | Completed correctly | Completed with variations | Not completed | Time | Comment |
|---|---------------------|---------------------------|---------------|------|---------|
| <b>2.1</b> Review of activities practiced at home                               |                     |                           |               |      |         |
| <b>2.2</b> Categorizing helpful and unhelpful thought-feelings-action sequences |                     |                           |               |      |         |
| <b>2.3</b> Helpful and unhelpful thoughts target game                           |                     |                           |               |      |         |
| <b>2.4</b> Identifying cognitive obstacles to learning                          |                     |                           |               |      |         |
| <b>2.5</b> I Love/Hate Math   |                     |                           |               |      |         |
| <b>2.6</b> Relating thoughts, feelings, actions sequence to the school setting  |                     |                           |               |      |         |
| <b>2.7</b> Activities to practice at home                                       |                     |                           |               |      |         |