

# High Five Friday

## Connect Activity

### ANTS

Did you know that ANTs are a big challenge to being positive? When something challenging happens we experience:

A is for Automatic

N is for Negative

T is for Thoughts

The best word to crush an ANT with is BUT- work in pairs to crush these ANTs!

- I've made a mistake BUT...
- My friend won't talk to me BUT...
- This isn't fair BUT...
- I don't know how to do this BUT...
- I don't like this subject BUT...
- This teacher is always on at me BUT...
- I don't want to get out of bed BUT...

What are your most common ANTs?