

Activity sheet

Reframing thinking: Helpful or unhelpful thinking?

One way we can become more resilient is by changing, or 'reframing' our thoughts from unhelpful to helpful. To do this we need to be able to recognise which is which. This activity is a good way to practise!

Instructions

Carefully, cut these boxes into separate pieces of paper. Then sort the different phrases into two piles, depending on whether you think they demonstrate **helpful thinking** or **unhelpful thinking**.

If you can't print the boxes, write the headings **helpful thinking** and **unhelpful thinking** on a piece of paper and copy out the phrases underneath each heading.

 <p>Why did I do that? I'm so silly.</p>	<p>I can't believe I just did that! Oh well, let's try again.</p>
<p>I'm rubbish at this.</p>	<p>I didn't get on the team because I'm no good.</p>
<p>Everyone find things hard sometimes.</p>	<p>I'm really nervous about this but at least I'm brave enough to try it.</p>
<p>Everything always goes wrong for me.</p>	<p>Everyone else gets it right. Why can't I?</p>
<p>I want to be healthier so I'm going to find out how I can do that.</p>	<p>I didn't score a goal this time but I'm going to try really hard to next time.</p>
<p>I'm finding this tricky so I'm going to ask for some help.</p>	<p>I'll never be able to walk that far.</p>
<p>This is a disaster. I'm never going to do it ever again.</p>	<p>We didn't win but everyone really tried their best.</p>
<p>This is so hard to work out. I wonder if there's another way of doing it.</p>	<p>That's the worst thing that has ever happened to me, ever.</p>