

Activity sheet

Reframing thinking: Let's practise!

One way to become more resilient is to change how we think about difficult situations. Helpful thinking can make you feel better about things. This activity is a good way to practise!

Instructions

Pick three of the situations below to discuss with someone at home. For each situation you have chosen, first tell them what unhelpful thinking might be, then tell them how you could change this to helpful thinking.

You have worked really hard to learn your spellings all week, but you only get 3/10 in the spelling test.

You are out in front during a race, but then you trip over and end up coming last.

Three of your best friends have been picked to run the relay for an inter-school athletics day. You haven't been chosen.

You have been doing fun exercises at home but you find them difficult and sometimes you have to stop early.

You are reading out loud but you stumble over your words and everyone laughs.

You are in a team that has never played together before. Your first match is coming up in a few week's time. You know the other team has been playing together for a long time and has won lots of matches.