



The Reframe Game Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- ▶ Pens/Pencils
- ▶ The Reframe Game worksheet

L.O:

- ▶ To understand what it means to reframe our mindset.
- ▶ To be able to reframe negative situations with a positive light.

STARTING ACTIVITY (5mins)

GROUP DISCUSSION – Together talk about times when you have felt low but managed to reframe how you were feeling to be more positive.

MAIN TEACHING (10mins)

Leading on from the group discussion tell the children that bad things happen more often than we would like. We cannot control that, but what we can control is how we respond to that bad thing. If we can feel confident enough to reframe our mindset to have a more positive outlook, then these bad things become easier to deal with.

Have the children think about times when they have managed to reframe how they are feeling to help them cope with a bad situation. If they are comfortable, ask for volunteers to share their examples with the rest of the group.

MAIN TASK - The Reframe Game (15mins)

Tell the children that being able to reframe our thoughts from being negative to positive isn't an easy thing to do and If they can't do it straight away then not to feel bad about it.

But we can practice this by taking pretend bad situations and thinking about how we can reframe

our mind to see the positives in that situation. The more we can do it in a theoretical environment the easier it can become in real life.

Using the examples on the spread sheet, have the children think of a way they could reframe to be more positive. Give them example of: "It's raining outside" "At least the flowers will get watered".

Once they have completed the suggested ones, have them think of their own bad scenarios and see if others in the group can suggest a positive reframe to it.

PLENARY (2mins)

GROUP DISCUSSION – Have the children share their pretend bad situations and ask the other children to suggest how it could be thought of in a positive light.

DID YOU KNOW!

In 1949 George Orwell's novel, 1984 predicted many aspects of the future where technology controls society and monitors peoples' private lives.



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CHILDREN SHEET

Being able to reframe our thoughts from being negative to positive isn't an easy thing to do. But we can practice by taking pretend bad situations and thinking about how we can reframe our mind to see the positives.

Using the examples on the spreadsheet, think of a way you could reframe them to be more positive.
Once you have completed those, think of your own bad scenarios and see if others in the group can suggest a positive reframe to it.

Bad Scenarios	Reframe
I had an argument with my best friend	----- -----
I am not allowed to go out with my friends tonight	----- -----
My teacher has given us extra homework for the weekend	----- -----
I lost my long time favourite pair of trainers	----- -----
Your scenario...	----- -----
Your scenario...	----- -----