

Activity sheet

Helpful or unhelpful thinking?

We can change, or reframe, 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

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



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