PSHE Association

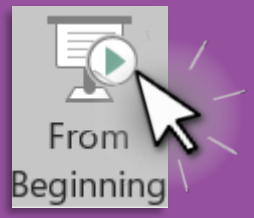
Parents: read our helpful guidance before you get started

Before you start

Mental health and emotional wellbeing KS4

Home-learning lesson 1: Reframing negative thinking

To start, play this slideshow from beginning



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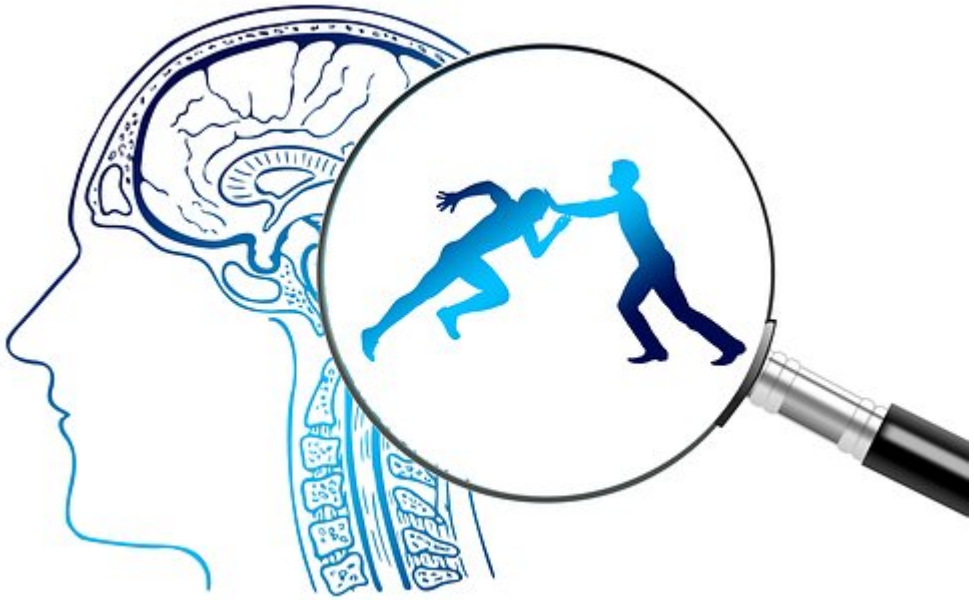

Home learning lesson 1: Reframing negative thinking

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We are learning:

- about how negative thinking patterns can impact on our response to disappointments
- strategies to build resilience by reframing negative thinking

We will be able to:

- describe different negative thinking patterns and consider their potential impact on wellbeing
- reframe negative thinking and identify ways to learn from setbacks

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To what extent do you agree with each statement?

Give each statement a rating from 1 to 10 and note this down.

AGREE 10

DISAGREE 1

A People can improve at anything if they work hard enough at it.

B Making mistakes is embarrassing so it's best to be sure of the answer before suggesting something.

C If someone has to try very hard at something, it's because they don't have natural talent and they are wasting their time.

D Most successful people have created their own luck.

E If someone knows a project will be a challenge as it doesn't suit their style of working, it's best to find something else to work on.

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How would you explain what the following terms mean?

Resilience

Negative thinking patterns or loops

Reframing

When you're ready, click on each term to reveal a definition.

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Identifying negative thinking patterns

You are about to see nine types of negative thinking patterns. There will be three types on each slide.

Try to match the *term* to its *description* and the *example* of the type of 'self-talk' someone might use.

When you are ready to reveal the answers click on the example you would like to see.

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Which descriptions match the term?

Can you identify the related example of self-talk?

Term	Description	Example
Personalising	When a person gives themselves a negative name or quality	*Suzie hasn't messaged me this morning – I must have done something wrong.*
Mind reading	When a person thinks they know what someone else is thinking	*I bet they all think I'm a complete idiot for failing that test.*
Labelling	When a person assumes something is their fault	*I'm so useless!*

Remember to click on each term to reveal the answers!

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Which descriptions match the term?

Can you identify the related example of self-talk?

Term	Description	Example
Fortune telling	Making big judgements based on small, one-off events	*I've done so badly on my vocab today – I'm bound to fail my Spanish GCSE.*
Catastrophising	When a person assumes they know how things will turn out	*I never score a goal so there's no point in even trying.*
Overgeneralising	Assuming the worst possible outcome	*If they say no, everyone will think I'm 'undateable' and I'll be alone forever.*

Remember to click on each term to reveal the answers!

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Which descriptions match the term?

Can you identify the related example of self-talk?

Term	Description	Example
All or nothing thinking	When a person tells themselves how they 'should,' 'must' or 'ought' to be/feel/do	*This week I spoke to loads of mates but my best mate hasn't called me so it's ruined my week.*
Should statements	Focussing on the negatives of a situation and missing the good that comes from it	*I set myself a goal to write something every day, but today I didn't manage it because I felt tired – I should just stop writing.*
Filtering	Seeing things in 'black and white' terms – success or failure, good or bad	*I shouldn't do that or people won't like me.*

Remember to click on each term to reveal the answers!

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Identifying negative thinking patterns

How might using negative thinking patterns affect someone's life?

If someone is experiencing ongoing negative thinking patterns that stop them engaging with normal activities, they should ask for help from a trusted adult.

There are lots of options for support available.

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There are alternatives to negative thinking patterns that can help to increase the likelihood of more positive outcomes

Will is upset — he thinks his best friend Jay is avoiding him as he's dating Jay's ex - TJ.

Will continues to believe Jay is avoiding him so the friendship is doomed.

Will doesn't message or video call Jay like he used to so they see less and less of each other, eventually talking to different groups of friends altogether.

Will recognises he's making assumptions about Jay's thinking (mind-reading) so he resolves to talk to Jay about it.

It turns out Jay had been upset about a family issue, so hadn't felt like talking much. Jay had no idea Will had started dating anyone but he and TJ had only been a causal thing, so there are no hard feelings. They continue to be good friends and laugh about their misunderstanding.

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Your turn!

Create a script or storyboard which gives two endings:

- one where a character has negative thinking patterns
- another where the same character has positive thinking patterns.

Either use the story board in ***Resource 1*** or make your own.

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Repeat the activity from the beginning of the lesson. Have any of your ratings changed now?

AGREE 10

DISAGREE 1

A People can improve at anything if they work hard enough at it.

B Making mistakes is embarrassing so it's best to be sure of the answer before suggesting something.

C If someone has to try very hard at something, it's because they don't have natural talent and they are wasting their time.

D Most successful people have created their own luck.

E If someone knows a project will be a challenge as it doesn't suit their style of working, it's best to find something else to work on.

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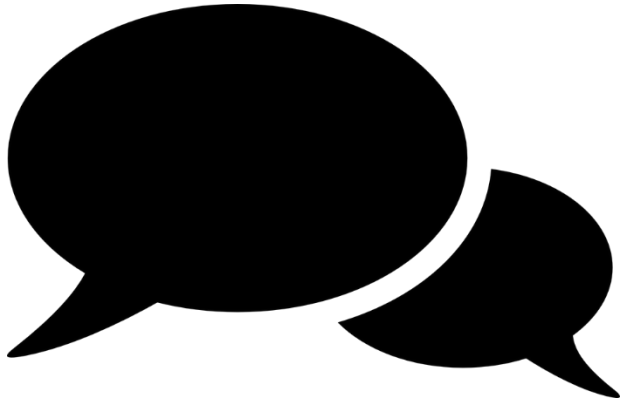
Further support

If you have questions or concerns about what you have learned in this lesson, you can always speak to your parent or carer, or contact a teacher in school for more advice and support.



There are lots of places to get advice about emotional wellbeing, or to discuss feelings.

ChildLine:
www.childline.org.uk Phone: 0800 1111

Young Minds:
www.youngminds.org.uk

Samaritans:
www.samaritans.org Phone: 116 123

In a crisis, text 'Shout' to 85258

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More activities

Create a leaflet

Educate others about the different negative thinking patterns which can stop someone from thinking — and therefore acting — more positively.

Your leaflet should help the reader understand:

- what the different negative thinking patterns are
- how they can be changed into more positive thoughts
- the impact these types of thoughts can have on people's actions.

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