

Becoming Courageous

Contemplate: Lesson 6

Reframing

Objective:

1. To introduce the concept of reframing: that it is possible to take something that you thought was negative, and to look at it from a positive point of view.
2. To introduce and practice the concept of reframing so that children can recognize strengths in themselves, and the positive in their experiences.
3. To learn how to make a positive action plan.

Rationale:

1. Reframing is related to perspective taking. Reframing is the skill of looking at a situation and reimagining it in another (positive) way.
2. Reframing is a powerful tool to increase a person's happiness and optimism.

Alignment to the British Columbia Core Competencies:

Critical Thinking; Analyze and Critique:

1. I can identify criteria that I can use to analyze evidence.
2. I can analyze evidence from different perspectives.

Supporting Literature:

1. Alison Ledgerwood TEDx talk: [A Simple Trick to Improve Positive Thinking](#)
2. [Why Thinking Positive Thoughts Won't Get You What You Want](#) by Amy Morning

Materials and Resources:

1. Courage Journals. Exercise books, or any type of book or journal. Courage Journals are used to reflect on the content of the day's lesson. Each child should have their own.
2. Smartboard, or projector and speakers Links to the videos are in the lesson.
3. Books: *I Wish You More* by Amy Krouse Rosenthal
Last Stop on Market Street by Matt de la Pēna
4. Bring it on! template from the Becoming Courageous Website.

Lesson (approx 1 hour)

Becoming Courageous

Introduction:

1. Organize students so they can see the smartboard.
2. Introduce the concept of Reframing using the list of “positive and negative character traits”.
3. Have students think about a character trait that they have, and whether they are defined by it (maybe other people are constantly mentioning it)

Main Activity:

1. Show the TED talk, [“How do You Define Yourself?”](#) By Lizzie Velasquez. This will start a conversation about character traits. Use the list of positive and negative character traits from the introduction. How does the world see Lizzie? How does she see herself? What is an example of a positive that she sees about her situation?
2. Read the book, “Last Stop on Market Street”. How does Nana show reframing each time CJ points out something that they don’t have? What could she have said if she weren’t reframing?
3. Positive Action Plan: Fill out a “Bring it on!” form together, using a relevant example.
4. Have students, in partners, fill out a “Bring it on!” form. Teachers can choose a relevant situation

Reflective Activity:

Think about a situation that you originally thought was negative. What are the positive things you can get out of it?

Becoming Courageous

Extensions:

1. Cubism is an art form where you look at the same object from different perspectives at the same time.
2. Read the book, "*I Wish You More*". After you have read it, go through it again and look at each situation. What is negative about each situation? What is positive?
3. Reframing is an ongoing process. Taking our fears and rethinking them into a positive action plan is a powerful way to take control. Using a "Bring it on!" form is a realistic and powerful way to address fears. Using the paper form will guide the student's thinking. Eventually, students will internalize this way of thinking and will not need to use the paper form.

Creative Activity: The Reframe Game. Students work their way through the game, practicing reframing challenging situations into positive ones. Game board can be printed off the "creative activity" button on the website. There are 2 pages and they can be printed double sided to save paper. (Instructions are on the second page)

Materials: each pair will need

- 1 copy of the Reframe Game
- 2 game pieces
- 1 die