

start

You only got your assignment half finished.

You try to not interrupt in class, but you interrupt 2 times in one lesson.

You encourage a friend to think positively - move ahead 2 spaces.

In the middle of your art project, the paint spills all over it.

You come in second to last in the 3-legged race.

You are building a Lego tower and a classmate trips and knocks it over.

You get 11/20 on your spelling test.

Oh no!  
You start to think that you can't do anything right.  
Go back 3 spaces.

You are not happy with what you find in your lunchbox.

You are getting really good at reframing - move ahead 1 space.

You wanted to improve 3 levels but you only improved 2 levels.

Other people seem to have things so much easier than you do.

*The Reframe Game*

Finish!

# Instructions

This is a 2 player game. The object of the game is to reframe what you are reading from a negative to a positive.

This is a cooperative game, and you are encouraged to talk about each situation and come to an answer together.

Remember, when you reframe negative situation into positive ones - everybody wins!

1. Put your playing piece on “start”.
2. Roll the dice and move that many spaces forward.
3. Read the situation on the square that you have landed on, and reframe it as a positive.
4. Some squares have other instructions on them. Read them and do what they tell you to do.
5. Remember that reframing can look like many different things. Focus on what you have accomplished.