

Defeating Negative Thinking

Grade 8-12

Applied Design, Skills and Technologies and Physical Education

Purpose of the Lesson

This lesson was created to help students learn how to change their negative thoughts into positive ones. The Situation Shifter booklet used for this lesson is based on the CBT (Cognitive Behavioural Therapy) technique and was created by a Registered Psychologist and Clinical Counsellor. Students will practice this skill using the booklet and then apply their new skill by creating a presentation using the technology of their choice. Finally, they will receive a takeaway where they will be able to track their negative thoughts at home.

Curriculum Competencies:

Applied Design, Skills and Technologies

Complex tasks require the acquisition of additional skills.

- ◇ Demonstrate an awareness of precautionary and emergency safety procedures in both physical and digital environments (Grade 8/9)
- ◇ Select, and as needed learn about, appropriate tools and technologies to extend their capability to complete a task (Grade 8)

Complex tasks require the sequencing of skills.

- ◇ Choose, adapt, and if necessary learn about appropriate tools and technologies to use for tasks (Grade 9)

After Grade 9, Applied Skills, Designs and Technologies branches out to a more specific curriculum for different electives. This lesson could apply to Computer Studies, Media Design, Graphic Production and Communications.

Physical and Health Education

- ◇ Describe and assess strategies for promoting mental well-being, for self and others (Grade 8)
- ◇ Analyze strategies for promoting mental well-being, for self and others (Grade 9)

After Grade 9, Physical and Health Education becomes an elective. However, this lesson plan can still be integrated into other courses.

First Peoples Principles of Learning:

- ◇ Learning involves recognizing the consequences of one's actions.
- ◇ Learning involves patience and time.

Step-by-Step Lesson Plan

Preparation: Print off the Situation Shifter worksheet, 2 pages double sided per student.

1. Start by going over the Situation Shifter Booklet with the students. Explain to them that today they will learn ways to shift their thinking from negative to positive. We all have automatic thoughts that are negative sometimes, but with practice students can develop skills to counteract those thoughts. Read through some, or all, of the Situation Shifter booklet with students which you can find at the bottom of the page [HERE](#).
2. Here are some Guiding Questions that you can ask students once they have a general idea of the lesson:
 - *What negative thoughts do you have about school?*
 - *What type of negative thoughts do you have outside of school?*
 - *What do you do when you have a negative thought that won't go away?*
3. Divide students into groups of 2 or 3. Get them to take out a piece of paper and brainstorm together some negative thoughts that they have or other people might have on a daily basis.
4. Get students to fill out the first 3 rows of their Situation Shifter worksheets together as a group. They will write down examples of negative thoughts that they came up with in their group brainstorm, and follow the steps to shift the thoughts from negative to positive.
- 5. Discuss the curricular objectives for this lesson with your class.**

Once students are done the following step, explain to them that this is a skill that takes time to develop. If they work on it a little bit each day, it will become a more automatic coping skill that will help them maintain their mental wellbeing. A good strategy is to take time at the end of their day, and write down 2-3 negative thoughts they had throughout their day. They can

then use this technique to shift their thinking and reduce stress so they can relax for the evening.

6. **Follow-up Activity and Lesson Closure:** To apply the new skills they have been developing, students will now create a project in their group. They can make a PowerPoint/Prezi, a video, a podcast episode or another media mode to create this project. Students will choose 4-5 situations where negative thought occurs. They will represent how they would shift this thinking using a visual presentation that they will show to the class. Give students 1-2 weeks to work on this project. Let them be creative - don't give too many specific guidelines! This will help them develop the skill on their own and reflect on it even more.

