

Re-framing & Realistic Thinking

Grades 8-12

Physical and Health Education, Career Education

Purpose of the lesson

Reframing is a skill used in Cognitive Behavioural Therapy (CBT) to help clients look at situations from another perspective in order to make them feel more positive. Our thoughts, feelings, and behaviours are all connected, so by becoming more aware of our thoughts we can influence our feelings and behaviours. Realistic thinking is another skill used in CBT to help clients spot negative thoughts, challenge them, and select a more realistic way of thinking. A great online resource to practice realistic thinking and other CBT strategies is provided in this lesson called "Dealing with Depression." This project was created by the Ministry of Children and Family Development as part of the Child and Youth Mental Health Plan. The purpose of this lesson is to educate students on how the adolescent brain develops and ways to think realistically for an overall more positive outlook.

Curriculum Competencies:

Physical and Health Education

- ◇ Describe and assess strategies for promoting mental well-being, for self and others (Grade 8)
 - ◇ Describe and assess strategies for managing problems related to mental well-being (Grade 8/9)
 - ◇ Analyze strategies for promoting mental well-being, for self and others (Grade 9)
 - ◇ Evaluate and explain strategies for promoting mental well-being (Grade 10)
- After Grade 9, Physical and Health Education becomes an elective. However, this lesson plan can still be integrated into other courses.*

Career Education

- ◇ Recognize the impact of personal public identity in the world of work (Grade 8/9)

First Peoples Principles of Learning:



- ◇ Learning ultimately supports the well-being of the self, the family, the community, the land, the spirits, and the ancestors
- ◇ Learning requires the exploration of one's identity



Step-by-Step Lesson Plan

1. Begin the lesson by watching the video: “The Adolescent Brain” by Dan Siegl on YouTube. You can find the video [HERE](#). Learning about the brain and ways to cope is called “psychoeducation” and is often used in CBT sessions to help clients understand their mental health struggles.

Below are some **guiding questions** you could ask after or during the video:

- What are some myths about the adolescent brain?
- What is the truth?
- What 2 major things are happening in the adolescent brain (Answer: pruning & myelin formation)
- What is neuroplasticity?
- What is the ultimate goal of brain re-modelling?
- What is the ultimate goal of integration?

1. **Follow-up Activity:** Print and photocopy the worksheet below *“Reframing my Thoughts”* for your students. Brainstorm ideas on the board of negative thoughts to re-frame. Have students work in pairs and discuss more positive ways of thinking. If you are able to sign out laptops for your students have them check out the website <https://dwdonline.ca/> or assign it for homework. Allow students time to explore the website in particular the audio recordings of Amy, Ingrid, and Joe. As well as the section called “realistic thinking.” This is another CBT strategy similar to reframing that gets to spot negative thoughts, challenge them, and come up with more realistic thoughts. Get them to practice typing their thoughts into this section and coming up with more realistic thoughts. Encourage students to seek out the school counsellor if they want to explore their thoughts further or if they are worried about depressive thoughts.

2. **Other Suggestions:** Have your students check out the **Situation Shifter Activity** on [THIS PAGE](#) of the Student Mental Health Toolkit during their own personal time. Practicing reframing thoughts can help your students feel more positive overall.

3. **Lesson Closure:** Discuss why brain education is important to learn about (helps us become more self-aware and learn ways to cope with our feelings). This also ties into the



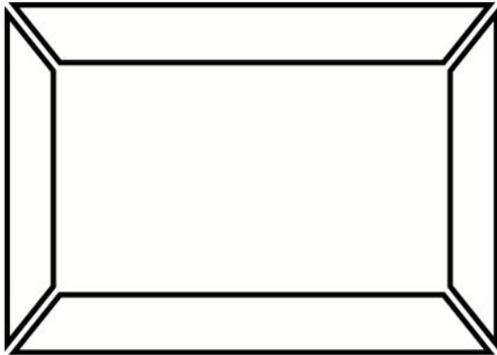
Mind Up curriculum - see more details here: <https://mindup.org/>. This website has great brain posters available showing the different parts of the brain and functions for Grades 6-8. Establishing a routine like chime breathing or meditations using the Calm app for educators (free trial for educators available) can be a helpful way to teach self-regulation/co-regulation skills to your class.



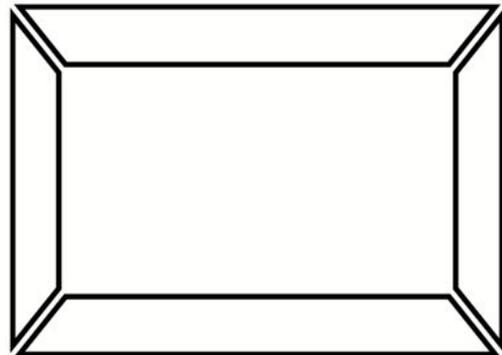
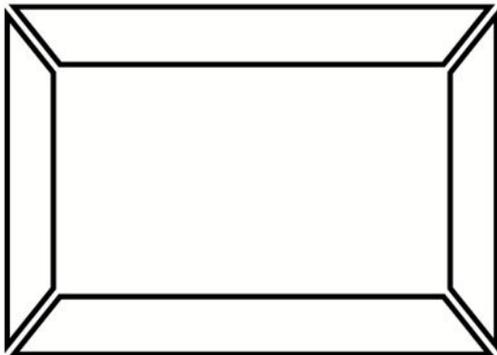
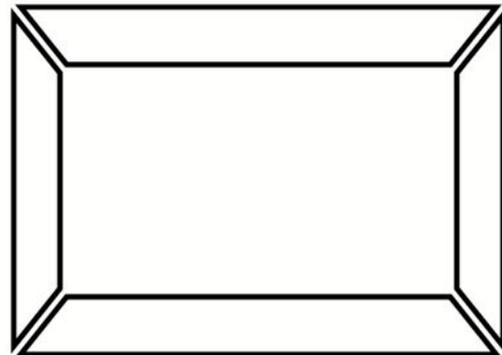
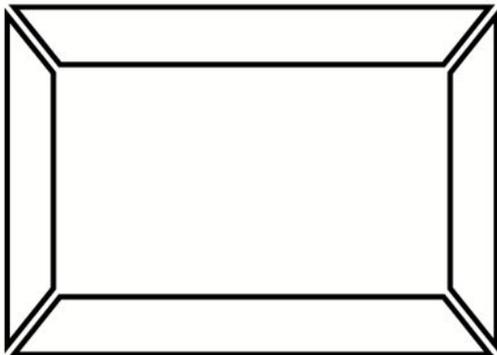
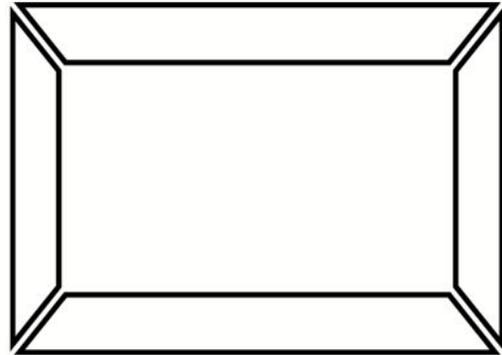
Reframing My Thoughts

Reframing is a CBT skill used to challenge negative & irrational thoughts. Changing these thoughts to be more positive & realistic can help us cope better! Practice using the frames below:

Negative Thought:



New Realistic Thought:



Negative Thought:

An empty rectangular box with a double-line border, intended for writing a negative thought.

New Realistic Thought:

An empty rectangular box with a double-line border, intended for writing a new realistic thought.

An empty rectangular box with a double-line border, intended for writing a negative thought.

An empty rectangular box with a double-line border, intended for writing a new realistic thought.

An empty rectangular box with a double-line border, intended for writing a negative thought.

An empty rectangular box with a double-line border, intended for writing a new realistic thought.

Sample of completed worksheet:

Reframing My Thoughts

Reframing is a CBT skill used to challenge negative & irrational thoughts. Changing these thoughts to be more positive & realistic can help us cope better! Practice using the frames below:

Negative Thought:

This assignment is too hard- I can't do it!

New Realistic Thought:

I can ask for help- I can try my best and if I make a mistake that's okay!

No one wants to work on the group activity with me- no one likes me!

I can ask the teacher to join a group- I can take risks

I hate trying new things! I only want to stick to what I'm comfortable with!

I can do this! I may not understand how to do this yet- but I will try my best!