POSITIVE REPHRASING

bring
change
to mind

PURPOSE:

Why?

In the social media era, we are exposed to everything. This often reframes the way our brain thinks of ourselves, experiences, etc. This activity is about positively rephrasing a statement about yourself or a situation. Example: "I am bad at ___" vs. "I try my hardest at ___".

HOW TO:

Materials & Budget

- Individual Club Activity:
  - Paper ($5 or free if you use school materials or if the activity is discussion-based)
  - Colored markers or pens ($5-10 or free if you can use school materials)

- School-Wide Activity
  - Portable whiteboard/blackboard/poster paper ($10-20 or free if you use school materials)
  - Dry erase markers, chalk, or colored markers ($10 or free if you can use school materials)
  - Table (Free if you borrow from school)

Instructions

- Individual Club Activity:
  - Give students time to think of phrases that describe themself or a situation and write them down.
  - Take turns going around and sharing and then practice rephrasing it in a positive way.
  - As an added layer, when a student shares a phrase, allow others the time to raise their hand or comment if they also relate with that phrase/statement.

- School-Wide Activity
  - Host this activity at your school's club fair and set up a table with a whiteboard, blackboard, or poster board.
  - Ask participants to positively rephrase a statement and write their responses down with a dry-erase marker, chalk, or. colored marker.
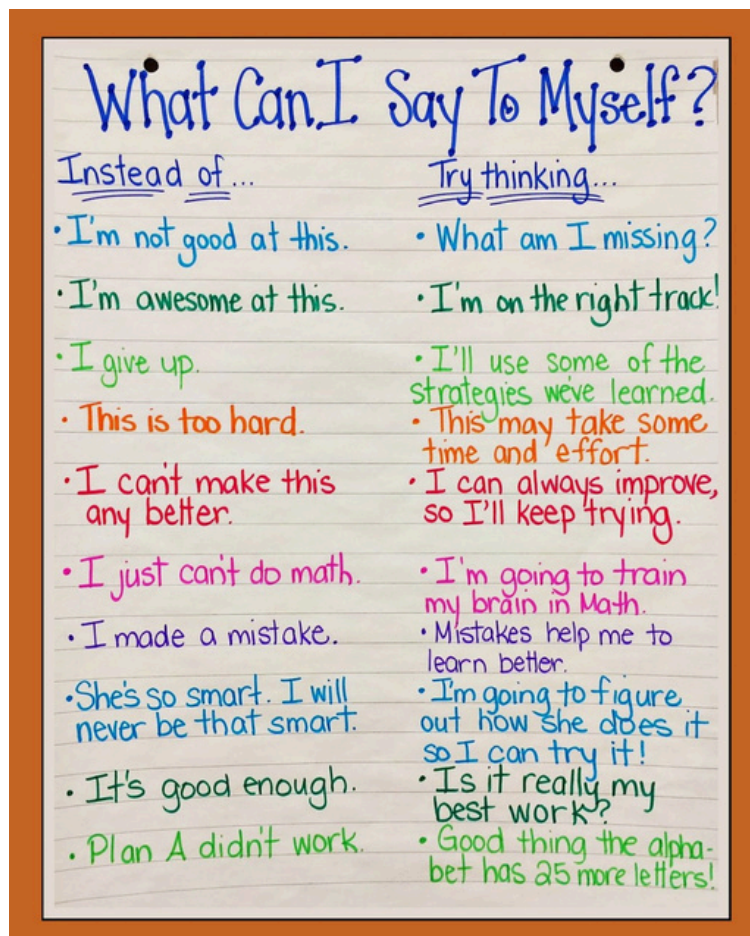 - Make sure to create a safe space for students to feel vulnerable.

Timeline

Take a couple of days to plan the presentation and create example phrases. Activity should take 20-45 minutes depending on if you are hosting the activity within your club or for your entire school.

Impact

This activity is great for club meetings as it's relatively quick & easy to do individually. However, you can also do this activity on a larger scale and engage the school-wide community.

Example(s)

Examples of how to positively rephrase!

What Can I Say To Myself?

Instead of...	Try thinking...
• I'm not good at this.	• What am I missing?
• I'm awesome at this.	• I'm on the right track!
• I give up.	• I'll use some of the strategies we've learned.
• This is too hard.	• This may take some time and effort.
• I can't make this any better.	• I can always improve, so I'll keep trying.
• I just can't do math.	• I'm going to train my brain in Math.
• I made a mistake.	• Mistakes help me to learn better.
• She's so smart. I will never be that smart.	• I'm going to figure out how she does it so I can try it!
• It's good enough.	• Is it really my best work?
• Plan A didn't work.	• Good thing the alphabet has 25 more letters!

Post photos from this activity to your club Instagram and tag @bc2mhighschool

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