

Linking Thoughts & Actions

Positive Thinking

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| Materials | Worksheets | |
| Essential Question | What is the link between thoughts or beliefs and actions? | |
| Objectives | SWBAT identify the link between belief/thoughts and consequences. SWBAT restructure negative thoughts into positive frameworks. | |
| ASCA National Standards | A:B1.2 Learn and apply critical-thinking skills PS:A1.1 Develop positive attitudes toward self as a unique and worthy person PS:A1.2 Identify values, attitudes and beliefs PS:A1.8 Understand the need for self-control and how to practice it PS:B1.4 Develop effective coping skills for dealing with problems | |
| | Overview | Notes / Process |
| Opening <i>AWARE</i> | New ABCs handout | <ul style="list-style-type: none"> • <i>Have you ever been in a situation and done something and then later think to yourself why did I do that? Examples? (saying something mean about a friend, arguing with a teacher, breaking up with a significant other)</i> • <i>Well today we are going to look at some of the reasons we make decisions</i> • Describe ABC using car crash example. • Explore with students how thoughts and consequences are related. • <i>So if beliefs + thoughts become consequences; our feelings or actions. What if we always have negative beliefs or thoughts?</i> |
| Activity 1 <i>EXPLORE</i> | Real Life Situation | <ul style="list-style-type: none"> • Have students in pairs fill out worksheet • Share out • If any students had negative thoughts brainstorm as a group how to turn statements positive. |
| Activity 2 <i>APPLY</i> | Your Life Situation | <ul style="list-style-type: none"> • Students fill out second part of wksht and the group helps individuals come up with alternative (positive) thoughts and consequences for activating events. |
| Close | Start thinking more positively | <ul style="list-style-type: none"> • Ask how positive thoughts could help improve student's lives. (make sure they got the take away point) |

The New ABCs

A= Activating Event: Activating events are the triggers that cause us potential stress or problems.

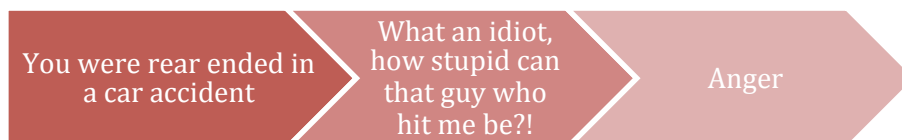
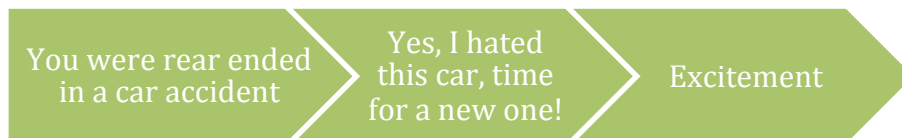
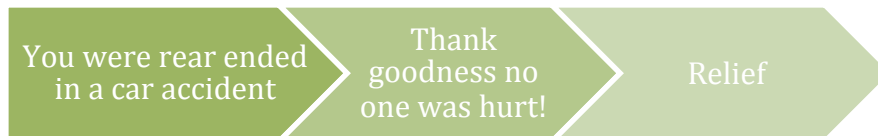
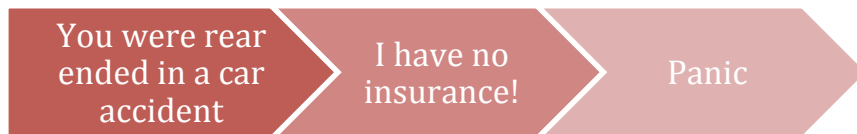
Example: Seeing a spider.

B= Beliefs or thoughts: We use our beliefs to interpret the event.

Example: I think that spider is going to bite me.

C=Consequences: Feelings or actions that are a result of the event and our reactions.

Example: I feel anxious when I see spiders. I run away from them!



In partners describe two different Beliefs and Consequences you could have to the following Activating event?

A= You were really overwhelmed and just couldn't get your history project finished on time.

B= _____ or

_____.

C= _____ or

_____.

On your own describe a common activating event that you normally respond to with negative thoughts.

A= _____

B= _____

C= _____