

**Activity: “Say It, Reframe It “**

**Materials:**

**Make a list of Negative Statements.**

**(Alternative: Have students create a list of negative statements.)**

**Options:**

- 1) Cut apart and hand out one per students.**
- 2) Give sheet to group of students (3-5)**

**Have learners reframe the negative statements to a positive one.**

**Share ‘reframed statements’.**

**Suggestion for follow-up:**

**Have an small empty frame in class that may be held up to nonverbally remind learners to say something positively.**

**Reinforce with:**

**“Test of Three” - Story & Poster:**