



# Positive Rephrasing

## 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: this can be discussion based or written down for each student.
- Give students time to think of phrases that describes themselves or a situation and write them down.
- Take turns going around and sharing one and then practice rephrasing it in a positive way.
- As an added layer, when a student shares a phrase, allow others the time raise their hand or comment if they also relate with that phrase/statement.

## Tips

- Create a safe space for students to be vulnerable. Have an agreement ahead of time and a pledge to use safe language and an understanding perspective.

## Timeline

Can be done closer to the time, but have an idea of what you want to use as an agreement to create a safe space.