

Lesson Name:

Changing Negative Thoughts to Positive Affirmations

Student Objectives:

- Students will recognize the difference between a negative thought and a positive thought.
- Students will learn how each thought feels in their body and brain.
- Students will learn how to rewrite their negative thoughts into positive affirmations.

Educator Preparation:

- “I Think I Am” by Louise Hay
- Changing Negative Thoughts Organizer
- Chart paper and markers

Introduction:

In today's lesson, we're going to talk about the power of your beliefs. What is a belief? And why do we need to look at our beliefs and change some of them?

Instruction:

A belief is simply something that you feel is true about yourself. For example, I might have a belief that I am smart, or that I am a good artist. Sometimes we have negative beliefs about ourselves. We say things like, “I am messy, I am not smart,” or, “I can't play basketball”.

Remember in a previous lesson we talked about the number of thoughts that a human being has going through their mind on a daily basis? Some of those thoughts are positive, which means they feel good. But sometimes we have negative thoughts. We have thoughts about

ourselves that don't feel very good. I'm going to read you part of a book called, "I Think I Am" by Louise Hay.

(Read half of this book and model the thoughts you are having about what you are reading.)

We've been talking about negative thoughts—and this is normal—so don't feel bad about it. But it's helpful to know we can change negative thoughts into positive affirmations or positive thoughts. We are going to work on catching ourselves while we're having negative thoughts. For example, I had a thought for a long time, which was, "I am so careless". Sometimes my teachers would say this to me, or even my mom. It didn't make me feel very good to hear those things about me and then I started believing them. So what if I rewrote that statement so that it still said something that was true about me, but it felt better? Maybe rewrite it to say, "I am so fast at doing certain things". That's a better feeling. That is a positive affirmation. Or maybe I think I am so slow so I catch myself saying, "Everyone else seems to be faster than me". That doesn't make me feel very good. But what if I rewrote it to say, "I am working hard to become faster"? You see, that feels good and empowering.

Remember how you feel is determined by which "kind" of thoughts get in your brain the most. And then that is what we begin to believe about ourselves.

Interaction:

I really want to encourage you to be very observant of how many negative thoughts you are allowing in your brain. Remember, a belief is something that you feel in the bones of your body and in your heart. Your beliefs about yourself are really important, so we want those to be positive, good-feeling beliefs. In order to do that, we have to catch ourselves having some of these negative things and instead, we have to choose a better feeling thought or a positive affirmation. I'd like you to open up "Changing Negative Thoughts Organizer". You are going to practice writing some of the negative things you say to yourself and then rewrite them and change them into positive affirmations.

(Model this for them)

Closure:

Today we learned that we all have negative thoughts, but the important thing to do is catch yourself when you have the negative thought and then choose to change it to a positive affirmation. This is how you teach your brain to see all that is great about you!

Activity:

Students will complete the “Changing Negative Thoughts Organizer”.