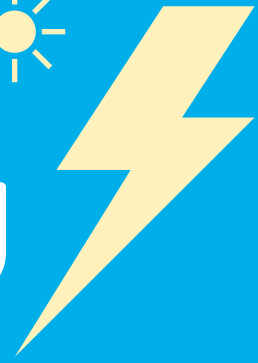
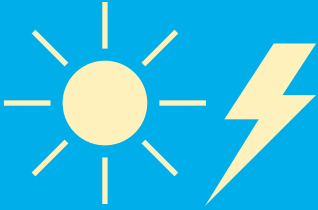




Visit **Mentally
Healthy Schools**
for more resources



Reframing thoughts



We all have negative thoughts and may get into patterns of negative thinking.

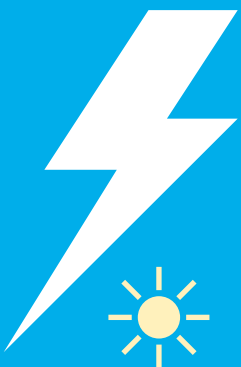


In times of distress, these may occur more frequently, and it is easy to be self-critical and focus on the negative thoughts. Sometimes we might catastrophise a situation, making it seem worse than it really is, or we might blame ourselves for things out of our control.



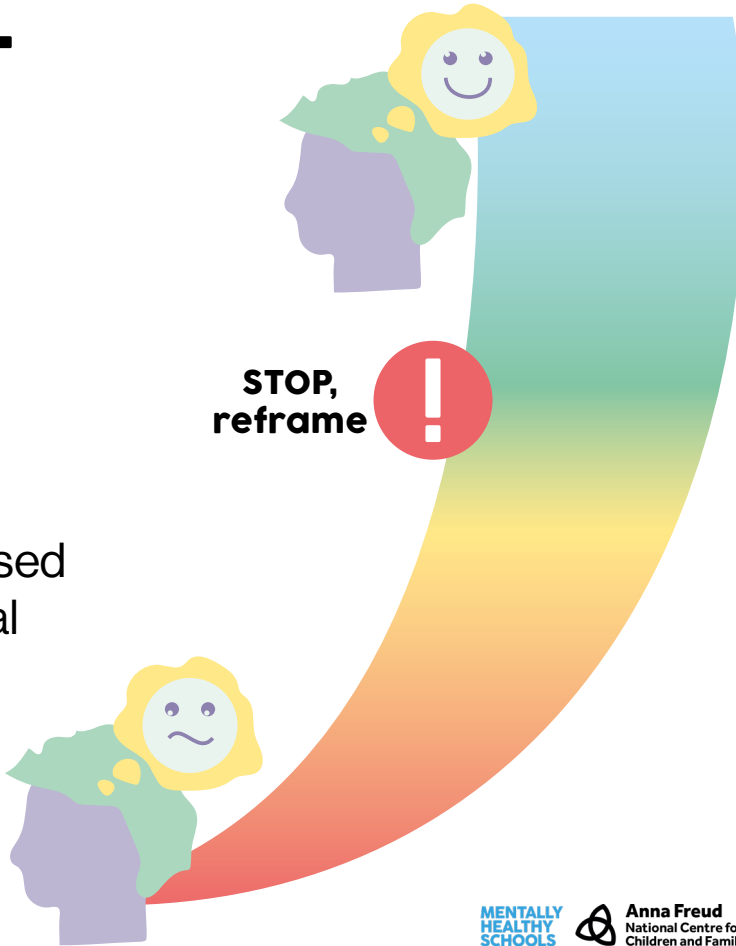
Recognising these thoughts and re-framing them is a way of training our brain to reduce anxiety and over-thinking. The simple gauge prompt and activity in this resource can be used with individual children to help them identify when they are thinking unkind or negative thoughts, take a pause, and reframe their thoughts into something more positive.

The gauge could then be used again to identify how they are feeling after the activity. When re-framing, it might be helpful for the child to think of evidence against the negative thought.



I feel...

- grateful
- confident
- positive
- happy
- calm
- negative
- scared
- worried
- embarrassed
- self-critical
- frustrated
- sad
- anxious
- angry



Print these gauges to help young people identify how they are feeling before and after the activities.

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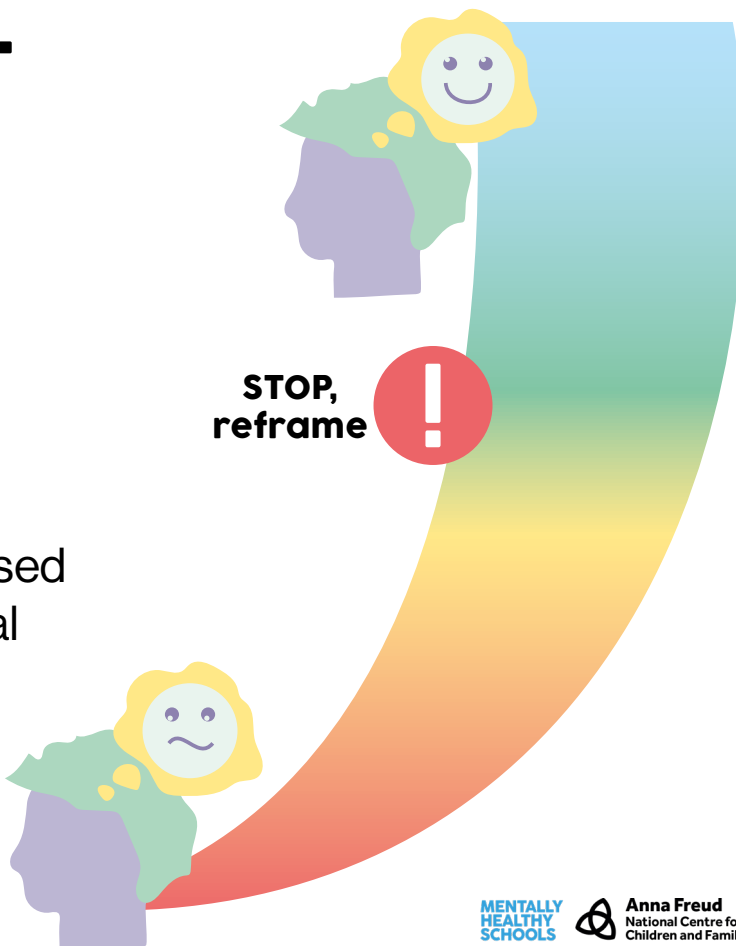


Anna Freud
National Centre for
Children and Families



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Reframing thoughts

Name: _____ Date: _____

Situation	Negative/ unhelpful thought	Evidence against this	Reframe
<p>I had an argument with Kya.</p>	<p>I have no friends, everyone hates me.</p>	<p>Sam and Ciara were nice to me and asked me to play with them.</p>	<p>It is good to have more than one friend to support you, like I do.</p>
