

Turn the negatives to positives – boys

We make ourselves feel negative when we talk ourselves down. Look at the negative statements. Work with a partner and try to turn them into positives.

Negative comment	Positive comment
I'm thick and stupid.	
No-one ever asks me to go around with them.	
Other kids have better stuff than me.	
Everyone is better looking than me.	
I'm just no good at school work.	
My teachers think I'm a pain.	



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