

JUST DO IT

Reframing
our thinking

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reach
mentoring

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Resilient thinking is shaped through repetitive thoughts and acts in the mundane. One way to help our young people build resilience is to encourage them to start some new rhythms that reframe their thinking. Each video explores 4 helpful habits to be added to your day: one in the morning, two in the afternoon and one in the evening. There is a lot of research that shows the benefit that having a practice of thankfulness can have, however it is worth noting that this is not about dismissing or diminishing painful circumstances, it is about allowing the good and the bad to have a space on the page of our journal. All our emotions are helpful.

RESOURCES

[Online videos](#)
Pens and large
Sheets of paper

GOALS

Students will:

- build on their self-awareness of emotions by focusing upon anger.
- reflect on how they express or act when they are angry.
- discover that anger is a secondary emotion and think about how their anger is signposting (iceberg) to another emotion.
- engage with 'flipping your lid' explanation.
- consider strategies to process anger healthily so as not to be led by anger.

Session 1

MAKE YOUR BED

Future Me

Draw 3 stick-men. One stick-man represents the pupil now, one represents the pupil in their 30's and one represents the pupils when they are older. Invite the pupils to write words to describe who they want to be at each of the the future stages and who they are now. Consider character words, achievements/ experiences, how they would like to be known.

No one knows what will happen in their future. We don't know what will happen, but having good mental habits will help us whatever happens. Good mental habits starts now. Little habits can impact your thinking that has life-long impact.

[Video- Make your Bed](#)

Morning Routine

In groups mind-map morning choices. Consider

- sleep habits - bedtime, waking up and length of sleep
- breakfast or not
- attitude about getting up

Challenge

Choose a new rhythm to add to your morning. Maybe it is making your bed, maybe it is eating breakfast, maybe it is hitting snooze once.

Session 2

WILL THIS HELP ME OR HARM ME?

Choices and Decisions

Some researchers think that the average adult makes 35,000 decisions a day. Does it feel like you make that many decisions in a day?

Individually

Take one minute - tally how many choices you make between waking up and leaving the house for school. Hands-up:

- Who finds decisions stressful?
- Who makes decisions quickly?
- Who would rather someone else decide?
- Who acts first and thinks after?

Mind-Map

In groups mind-map small and big decisions/choices common for their age group, e.g. homework on time, what to do at the weekend, what time to get-up, what to eat. Consider helpful or harmful options - eg. what to eat, when to go to bed. Use two different colours to note the decisions that are difficult and those that are easy. Discuss what makes them difficult or easy.

[Video - Will This Help Me or Harm Me?](#)

What simple habit can you begin to practice that can help you think before you act? That can increase your chances of making good choices for you and for others? That can help to start to reframe your thinking?

Session 3

HAVE A BRAIN BREAK

Mind-Map

Habits require less energy or thought – it is a behaviour we do without having to think. In groups mind-map habits you already have, e.g, putting on a seatbelt, the side you expect buttons to be on a shirt, where you put your keys, biting your nails.

Mind-map changes that you have tried to implement before but haven't managed to create a habit or you still find it difficult to choose it, e.g. New Year's resolutions, stop biting nails.

Researchers disagree about how long it can take to form a new habit. BUT everyone agrees that it involves repetition. This can be even more difficult if we want to make a change that is good for us but we don't want to do it. Or it can be difficult if the other choice gives immediate reward e.g. enjoying gossip even though it destroys friendships, going for a walk when I'm tired but I'd rather open tiktok. Although forming a new behavioral habit or a new thought pattern can be difficult, the art of practicing this will help us long term.

[Video - Give Your Brain a Break](#)

Think of a new 'move' habit you can practice this week. Write three reasons or thoughts that will help you choose this habit if Wednesday comes and you do not want to choose the new behaviour.

Session 4

THANKFULNESS

5 Senses

Consider what is good using the 5 senses. In the last week or even just yesterday, think of some good things:

*5 good things you saw, 4 good things you heard, 3 good things you touched
2 good things you smelled, 1 good thing you tasted*

Mind-Map

Can you name some people you know who are good at being thankful or seeing an opportunity in difficult circumstances?

Practicing thankfulness or gratitude, helps you develop the ability to reframe your thinking which helps us navigate challenges. It also is known to reduce stress and develop a more balanced perspective helping to regulate moods.

[Video - Thankfulness](#)

Get thankful

Write 5 things you are thankful for today. Remember the trick is to be specific, eg someone held open the door, the sunrise was beautiful, your Dad made you a cup of tea this morning. Make a thankful plan for this coming week – a journal, stories or TikToks, or an app of 1sec videos for the year?

[James's story](#)

James shares why he practices his habit every day for the last 6/7 years.