

# UPBEAT

13-16

*A healthy approach  
to boys wellbeing*



## TRACK 03

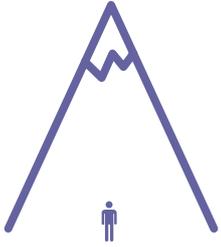
# Resources

### 3.1 STRENGTHS CARDS

Print and cut out cards.

<b>Trustworthy</b>	<b>Patient</b>	<b>Honest</b>	<b>Social</b>
<b>Creative</b>	<b>Respectful</b>	<b>Adventurous</b>	<b>Organised</b>
<b>Determined</b>	<b>Dedicated</b>	<b>Confident</b>	<b>Spiritual</b>
<b>Ambitious</b>	<b>Clever</b>	<b>Considerate</b>	<b>Responsible</b>
<b>Kind</b>	<b>Energetic</b>	<b>Friendly</b>	<b>Open-minded</b>
<b>Generous</b>	<b>Humble</b>	<b>Helpful</b>	<b>Optimistic</b>
<b>Logical</b>	<b>Funny</b>	<b>Hopeful</b>	<b>Motivated</b>

## 3.2 NEGATIVE THINKING STYLES



### 1. Overgeneralising

Assuming a pattern based on a single event, for example if something didn't work out once you assume that it never will.  
*'Nothing good ever happens.'* *'I didn't achieve anything today.'* *'Failing my driving test means I fail at everything.'*



### 2. Mind Reading

Believing you know what others are thinking, usually about you.  
*'He thinks I'm a loser.'* *'He hasn't replied to my message, he obviously hates me.'*



### 3. Emotional Reasoning

Making feelings into facts, assuming that because you feel a certain way then it must be true.  
*'I feel anxious so I must be in danger.'*  
*'I feel embarrassed so I must be an idiot.'*



### 4. Catastrophising

Predicting and believing the absolute worst-case scenario, blowing things out of proportion.  
*'If I fail this test then my life is over.'*  
*'What if I can't cope and have a panic attack?'*



### 5. Black and White Thinking

Believing that something can only be good or bad, or right or wrong, rather than anything in between or 'shades of grey'.  
*'If it's not perfect then I have failed.'*  
*'That was a complete waste of time.'*



### 6. Negative Self Labelling

Assigning labels to yourself, self-criticism, putting yourself down, blaming yourself for situations that are not (totally) your responsibility.  
*'I am so rubbish at this.'* *'I'm completely useless.'*



### 7. Compare and Despair

Seeing only the good and positive aspects in others, and comparing yourself negatively against them.  
*'He is so talented, good looking, clever... I'm so crap compared to him.'*



### 8. Ignoring the Positives

Focusing on the negative in a situation rather than seeing the whole picture. Noticing our failures but not seeing our successes. For example, despite having many friends you focus on the one person that doesn't seem to like you.



### 9. Shoulds and Musts

Assuming that things have to be a certain way, that you have to abide by certain rules. Thinking or saying 'I should' (or 'shouldn't') and 'I must' puts pressure on yourself and sets up unrealistic expectations.  
*'I should always give 100% in everything I do.'* *'I must not fail.'*



### 10. Prediction

Making negative predictions about the future, believing you know what's going to happen.  
*'There's no point going to the interview, I already know I won't get the job.'* *'If I do this I'll end up making a fool of myself.'*

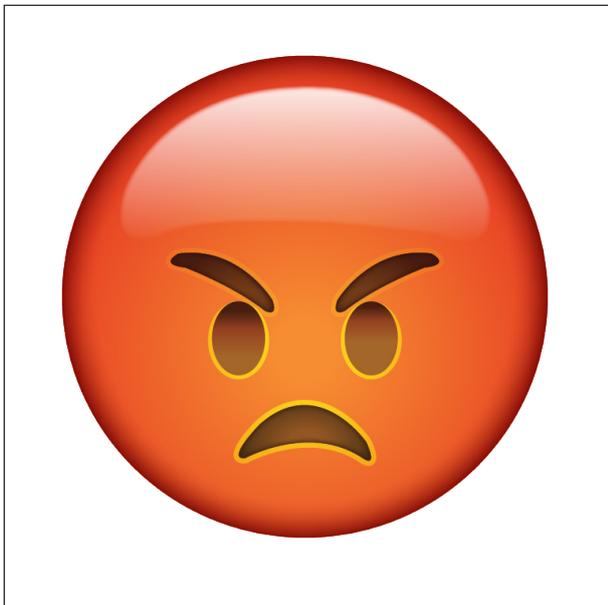
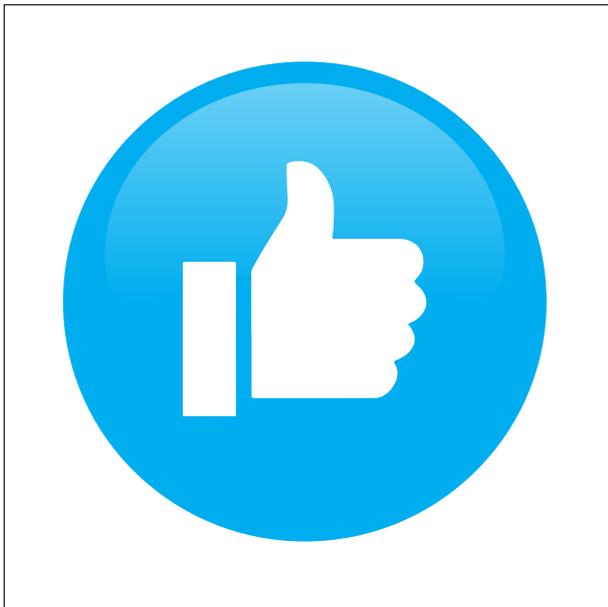
### 3.3 THINKING TRAPS

<p>You are invited to a party but won't know many people there.</p>	<p>You are trying on the latest fashion item that all your friends are wearing, but it doesn't fit you/suit you/you can't afford it.</p>	<p>You have forgotten to do your homework and it's due in today.</p>	<p>Your alarm clock doesn't go off and now you will be late.</p>
<p>You don't get picked for the first team for the first match of the season.</p>	<p>Your friend didn't give you a birthday present.</p>	<p>You invited your friend to go out but he said no.</p>	<p>You left your keys at home and now you are locked out.</p>
<p>You had an argument with a friend and now you are not talking to each other.</p>	<p>You scored lower than you wanted to in a recent test.</p>	<p>You didn't win the big competition/match you really wanted to.</p>	<p>Your friend always gets more 'likes/comments' on their social media than you do.</p>

Adapted from Off The Record Examples of NATS

### 3.4 EMOJI CARDS

Print and cut out one set of the six cards for each person.



## 3.5 TOOLKIT CARD

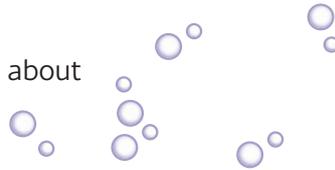
Print on card and cut out one card for each person.

### *Toolkit Exercise 3*

Jar of goodies!

At the end of each day think about one specific thing that happened that you are grateful for. Or think of things that make you feel good/happy about yourself.

- Write it down.
- Store it in your jar.
- Go back to it when you are feeling negative about yourself or the situation you are in.



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### 3.6 SCRIPTURE POSTERS

***“I am leaving you with a gift – peace of mind and heart! And the peace I give isn’t fragile like the peace the world gives. So don’t be troubled or afraid.”***

John 14:27 (TLB)

## 3.6 SCRIPTURE POSTERS

*“Don’t worry and say, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ The people who don’t know God keep trying to get these things, and your Father in heaven knows you need them. Seek first God’s kingdom and what God wants. Then all your other needs will be met as well. **So don’t worry about tomorrow, because tomorrow will have its own worries. Each day has enough trouble of its own.**”*

### Matthew 6:31-34 (NCV)

In The Message this last bit says: *‘God will help you deal with whatever hard things come up when the time comes.’*



### 3.7 TRACK 03 REFLECTION

Please mark your mood out of 10 (very low = 1, great = 10)

**Before I came to this session I felt...**

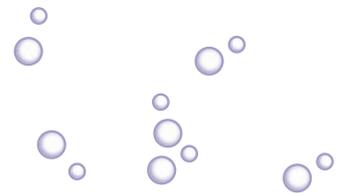
1 2 3 4 5 6 7 8 9 10

**After spending time in the session I feel...**

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**I have learnt some skills/information to help me manage how I feel when I leave.** (1 = strongly disagree, 10 = strongly agree)

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Track 03 - Lemonade

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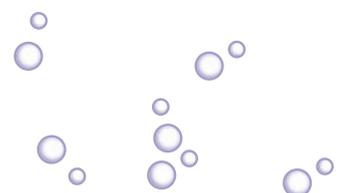
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Track 03 - Lemonade