

## Relationships and Sex Education (RSE) Day It begins with me

Alberto the awesome (but anxious) alpaca has been having a bad week and has been thinking a lot of negative thoughts. Can you help Alberto to reframe these thoughts so that they are positive? You will need to play the game below to see ways that Alberto can speak more nicely to himself.

When we hear ourselves speaking negatively about ourselves in our minds, it is important to try to challenge these thoughts as they may not be the actual truth and other people may see us very differently.

### **Flip the Negative Thoughts (Matching Pairs Game)**

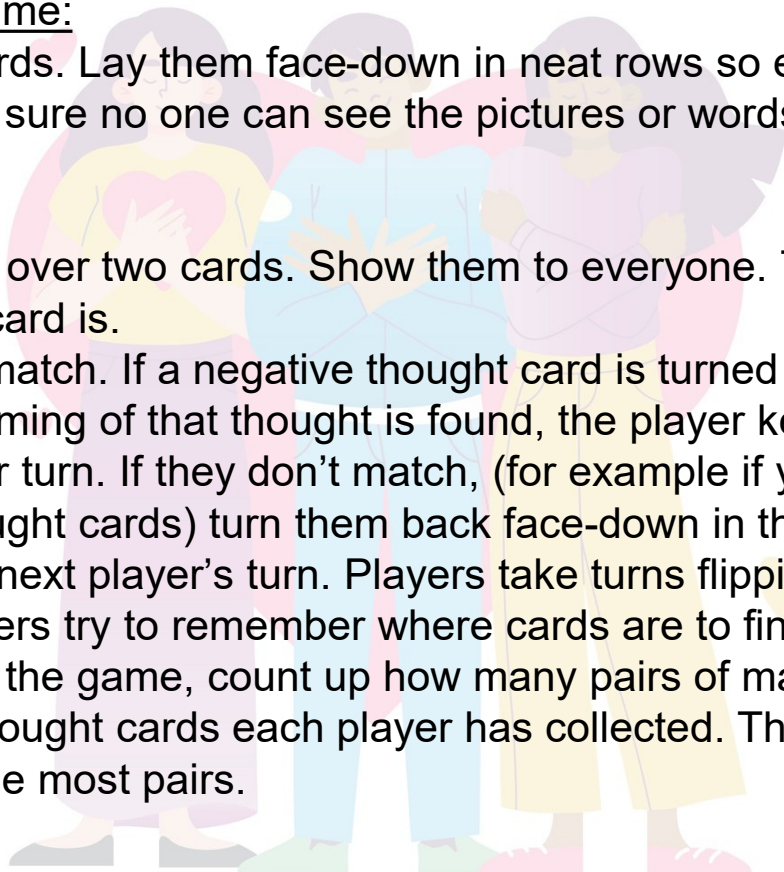
Aim: To find as many matching pairs as you can

#### Setting up the game:

Shuffle all the cards. Lay them face-down in neat rows so everyone can see the layout. Make sure no one can see the pictures or words on the cards.

#### How to Play:

1. Player 1 flips over two cards. Show them to everyone. Try to remember where each card is.
2. Check for a match. If a negative thought card is turned over and a positive reframing of that thought is found, the player keeps the pair and takes another turn. If they don't match, (for example if you get two negative thought cards) turn them back face-down in the same spots.
3. Now it is the next player's turn. Players take turns flipping two cards at a time. All players try to remember where cards are to find matches later.
4. At the end of the game, count up how many pairs of matching negative vs positive thought cards each player has collected. The winner is the player with the most pairs.





No-one likes me



I make mistakes  
all the time



I am not clever  
enough



This is too difficult



If I say what I  
think, people will  
laugh at me



I look ugly and  
hate my body



There's no point  
trying as I'll  
probably fail



People think I'm  
weird and I don't  
feel I belong



If I ask for help,  
people will think  
I'm stupid



There's no point playing the game as I always lose.



I don't deserve good things to happen to me



I wasn't invited because everyone hates me



I'm no good at anything



I'm so clumsy



I'm worthless



People must think I'm a loser



It's all my fault we missed the bus



I only got 7 in the test and should have scored ten.



Plenty of people  
like me



It's ok to make  
mistakes and I  
forgive myself



I am good at  
many things



It might be  
difficult but I'll get  
better with  
practice



My opinion  
matters and I  
believe in myself



I am beautiful on  
the inside and out



If I keep on trying, I  
will eventually  
succeed



I love my  
uniqueness and  
the right people  
will be my friends



Everyone needs to  
ask for help  
sometimes and  
that's ok



The more I play,  
the better I get.  
Who knows – I  
might even win!



I deserve good  
things just as  
much as anyone  
else



I'm sure there was  
a reason I wasn't  
invited this time &  
I might be next  
time



I'm not good at  
everything but I'm  
very good at some  
things



Everyone trips up  
sometimes and it's  
nothing to be  
embarrassed  
about



I don't feel good  
right now but I  
know I'm still of  
worth



People may have  
a higher opinion of  
me than I think  
they do



We missed the bus  
but it's not all my  
fault. Next time we  
will plan better



It's not the score I  
hoped for but I am  
making progress  
and can build on it