

Optimistic Views

This glass is half full rather than half empty. However there are times where it can be difficult to see the positives in a situation. This activity is designed to acknowledge negative thoughts and then “fill the glass” with positive reframed thoughts. Below the glass list a negative thought. Then reframe that thought with two positive thoughts.

Example: Negative thought - *I have no friends.* Positive Thoughts - *I played with Jose at recess today. I may meet new friends at camp next week.*



Negative Thought

Positive Thought
