



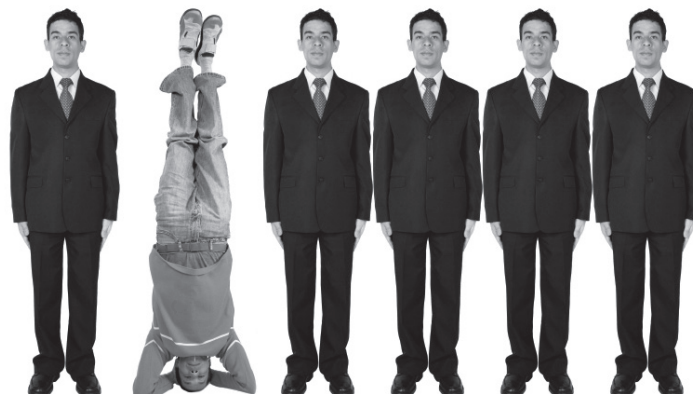
## ACTIVITY: 'OUR SPECIAL GUEST'

**TIME:** 15+ minutes  
**SIZE:** Large groups/whole of class  
**SPACE:** To arrange desks like a quiz show  
**RESOURCES:** Scenarios (p.75), pens and paper

**The aim** is for students to challenge unhelpful thoughts during a scenario.

**The result** should be that students learn thinking skills to help them challenge unhelpful thoughts and self-talk in their day-to-day lives.

1. This activity takes the form of a talk show, where six panellists pass comment on three different people with fictional scenarios below. The audience should be participatory.
2. Divide students into these groups:
  - three 'unhelpful' panellists
  - three 'helpful' panellists
  - three scenario individuals
  - one compere
  - remaining students are audience members.
3. Have the first scenario individual read out or paraphrase their situation (you can use the scenarios provided, or make up your own).
4. The 'unhelpful' panellists provide 'unhelpful' ways to think about the scenario – ways of thinking that are sure to undermine the individual in question's Sense of Self-worth.
5. The 'helpful' panellists must then counter these unhelpful thoughts with helpful ways of thinking or self-talking about the scenario.
6. Applause from the audience determines the most successful way to think about the scenario.
7. Consider changing the panellists with each new scenario to ensure a large number of students get to practise their thinking skills.



## SCENARIO 1

Danika has just received a phone call from a prospective employer – she hasn't got the job she applied for. This is the fifth interview she's gone to.

## SCENARIO 2

Lars heard that his friends were going on a canoeing trip, and became very excited. He checked with his boss at his part-time job and he was free the long weekend of the trip. But his friends never invited him!

## SCENARIO 3

Neroli thinks her older sister's friend Jen is very cool. She plays guitar, writes her own songs, and has just started studying art history at university. But last time Jen was over at the house, she was rude and dismissive of Neroli.



## DISCUSSION SUGGESTIONS

- Which was easier: coming up with helpful or unhelpful ways to think about the scenarios? Why might that be?
- What were some of the standout helpful suggestions?
- Who has ever been in a situation like one of the scenario individuals? What were you thinking at the time? What did you do? After today, might you do things differently?
- In what ways were the panellists like your own brain? Why do we seem to have the ability to think about things in both unhelpful and helpful ways? What strategies could you use to tip the balance in favour of your brain's 'helpful' panellists?
- Shows with panellists that give positive feedback are now rating better than shows with super-critical panellists. What habits can you get into to ensure you give yourself more positive and less critical feedback?