
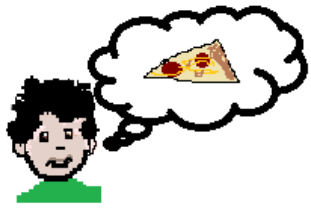








Bad Thing / Good Thing

Students often focus on problems and what is wrong. Higher level thinking allows us to take another more positive perspective. The purpose of these cards is to give opportunities to take different perspectives and determine if something good can come from a bad thing. This can help a student see the size of a problem and reduce the anxiety associated with it.

The Bad Thing card is meant to stay attached to the Good Thing card. The Good Thing card can be folded back and glued to the back side of the Bad Thing card. Present the Bad Thing side first and ask if the student can think of any good things that can come from it. There may be more than one acceptable answer for each card. The Good Thing side is a suggested answer.

<p> Bad Thing</p> <p>The lunch room ran out of pizza and I always have pizza for lunch on Friday.</p> <p></p>	<p> Good Thing</p> <p>I ate something new. Now I have two favorite things to eat.</p> <p></p>
<p> Bad Thing</p> <p>My favorite jeans don't fit me and I can't wear them anymore.</p> <p></p>	<p> Good Thing</p> <p>I am going shopping and get some new jeans. They will fit me and feel better.</p> <p></p>

Bad Thing / Good Thing



Bad Thing

When I got on the bus this morning, someone was sitting in the seat I usually sit in. I had to sit in a different seat.



Good Thing

There was someone new sitting in the seat I sat in. We had a chance to talk and I really liked her. Now I know someone else I can talk with at recess.



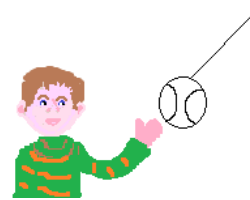
Bad Thing

My best friend was absent today so I didn't want to go out to recess. The teacher said I had to go out and I should find someone new to talk to.



Good Thing

I started to play tether ball and a new kid asked if he could play too. I had fun and made a new friend.



Bad Thing

My mom said I should get my homework done as soon as I get home from school. I didn't want to but I did it anyway.



Good Thing

My friend called and asked if we could play video games. My Mom said yes because my homework was done.



Bad Thing / Good Thing



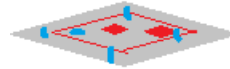
Bad Thing

It was raining and the playground was too muddy for recess. We couldn't go outside to play.



Good Thing

We had indoor recess instead. We could choose what to do in the classroom and I chose a game I wanted to play.



Bad Thing

I am moving to a new school and I don't want to leave my friends. I don't know anyone at the new school.



Good Thing

I will meet new people and make new friends. It will be an adventure.



Bad Thing

I lost my home work assignment and I had to do it over again.



Good Thing

It was easier to do the second time and I actually did it better. Now I got a good grade.



Bad Thing / Good Thing



Bad Thing

I had a fight with my best friend and now she is mad at me. She doesn't want to hang out with me.



Good Thing

I said I was sorry and asked if she could come to my house for a play date. She said she would like that.



Bad Thing

We had a bad storm and the power went out. The lights were out and I couldn't watch TV or play my video games.



Good Thing

We lit candles and played games until the power came back on. It was like camping out in my house. It was fun.



Bad Thing

I hate writing class because I hate writing with a pencil. It takes a long time for me to write down what I want to say.



Good Thing

I am learning how to use a computer keyboard and it works better. I like using the computer and I like writing class now.

