



Name _____

Reframe Your Thoughts

From This	To This
I did bad on a math test	I'm good at other things and will study harder next time
It's raining and I can't play outside	
My classmate is better than me	
I'm not as smart as other people in class	
My dad can't make it to my game/performance	
I made a mistake at practice I'm so dumb	
I missed a party because I had to do a book report	



PREVIEW

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