



- Guidance Lesson -

Silver Linings

Objective: Spark positive thinking and encourage problem solving through group collaboration.

Estimated Time: 15-30 minutes

Materials: paper, pencils, markers

Activity/Discussion:



1. Display this quote and ask for students to explain the meaning of this quote.

Additional questions:

- i. Why does it seem to be easier to focus on the negative than the positive?
- ii. Do you know someone in your life that always focuses on the negative?
- iii. Do you know someone in your life that always focuses on the positive?
- iv. How are those two people different (attitude, behavior, etc)?

2. Pass out a sheet of notebook paper and pencil to each student. Ask them to think of situations in their lives that they are having negative thoughts about, such as friends, situations at home, body image, or something as simple as the weather or not getting an A on their quiz.

3. Instruct the students to tear the paper into 2 or 3 sections. They will write down a different negative situation/thought on each of the slips of paper (at this point you might want to remind them that in order for everyone to feel safe to share honestly they will want to refrain from using names or specifics, which will allow for anonymity).

4. Once they have written down their negative thoughts, tell them to wad them up like trash. Here's the fun part: Tell them to stand up and on the count of three they will throw their "trash" around the room, like a snowball fight.



5. After about 20-30 seconds, have the students pick up two or three pieces of “trash”. Pass out a marker to each student.

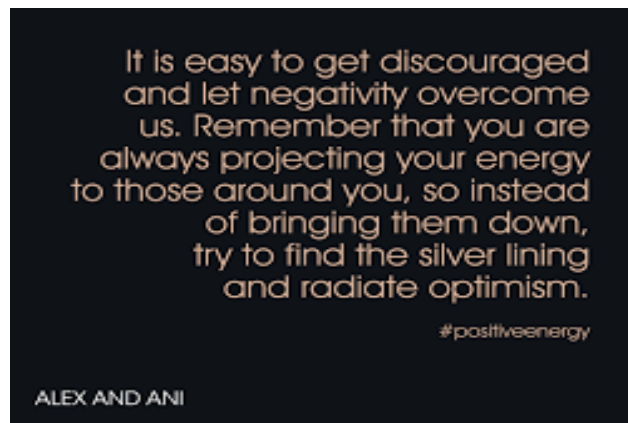
6. There are two ways to handle the next part:

- A. They can read and respond with positive thoughts/advice independently. You can repeat the snowball fight a few more times so that there are several responses on each piece.
- B. They can get into groups of 2 or 3 and collectively come up with positive thoughts/advice.

7. There are two ways to allow students to receive the “silver linings”:

- A. All sheets can be laid out flat on desks/tables around the room. Students can walk around the room and grab the sheets that they created.
- B. Groups can read aloud the situations and share their positive ideas with the class. This scenario may spark more discussion and ideas.

Reflection:



Display this quote and ask students to explain the meaning of this quote.

- a. Additional questions:
 - i. How can you use this activity on a personal level in your daily life?
 - ii. Were you able to relate to any of the other situations your read/heard today?

Special note: This activity can easily be used with staff or students. It can also be modified for younger grades by finding quotes that are more age appropriate.