

DISTORT

An Imaginhero™
product from
Cards for Calm LLC



Identify words that contribute to negative self-image and
replace them with words that build positive self-image.

Grades 1-2. Social Emotional Learning.

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Teacher's Notes

The 'Distort' worksheet will help students identify words that enforce a negative self image, and replace them with words that enforce a positive self image.

By the end of this exercise, students will have:

- Understood that some words make us feel bad about ourselves.
- Understood that other words make us feel good about ourselves.
- Selected positive words they can use to describe themselves.

Social Emotional Learning

This worksheet helps students develop self-awareness and self-management in line with the first of the five social emotional learning (SEL) core competencies. It can be used either as part of an established SEL curriculum or as a stand-alone activity.

SEL Goals

Identify and manage one's emotions and behavior.

- Practice expressing positive feelings.

Suggested Introduction

- Discuss the concept of an 'inner voice'.
- Explain how the words we use to describe ourselves can help or hurt us.
- Encourage students to suggest other 'negative' or mean words.
- Encourage students to suggest other 'positive' or kind words.

Example

"I don't know if you've noticed, but we all have this voice we use when we talk to ourselves. When we say things to ourselves in our head, not out loud. That voice is your "inner voice". We all have one, and it's one of the ways we sort all the thoughts in our head.

One of the things we do with our inner voice is to think about what we've done. If we've just finished a great drawing then we'll say to ourselves in our inner voice, "Hey, that's a great drawing!"

But sometimes our inner voice can get a little stuck. If we tell ourselves we're no good at something, or someone else tells us that, then those words can get stuck. Our brains are like a computer and, just like a computer, they can glitch. We start to use them to describe ourselves. We might start to say, in our inner voice, "I'm bad at drawing", or "I'm not creative".

If our inner voice glitches, you can find you use all sorts of mean and unhelpful words to describe yourself. [Pages 5 & 6]. Can you think of any other mean words someone might use to describe themselves? What words can you think of that are kind words we can use to describe ourselves?

Now, we're each going to look at our worksheets. Instead of the hurtful words we saw on the computer. Words that make us think badly about ourselves. We're going to hack that computer so it only uses words that remind us how amazing we are."

Printing Instructions

When discussing words that can foster a negative self-image, Pages 5 & 6 can be projected for the class.

Print 1 copy of Page 7 per student (Page 9 for the black and white version), and project Page 8 for the class so they can reference those words that foster a positive self image.

Alternatively, print 1 copy of Pages 7 & 8, double sided, per student (Pages 9 & 10 for the black and white version).

About Imaginhero

We have created a set of classroom resources as part of our commitment to help children better manage their emotions. Each resource can be used independently, or incorporated into a wider curriculum focused on Social Emotional Learning. You can find more resources at imaginhero.com.

Imaginhero is a framework to help children explore and express their emotions using the language and imagery of superheroes. Using techniques from cognitive behavioral therapy and mindfulness, Imaginhero helps students identify dysfunctional emotions, behaviors, and thoughts and develop new, healthier alternatives.

Through reimagining a situation as if they were a superhero, students can learn to develop their own productive, non-aggressive responses to challenging situations.

Imaginhero: The Game

Designed to be used independently, this worksheet can also be used alongside the Imaginhero card game. For ages 8+, it's a great way to help kids develop the tools they need to establish healthy emotional responses to challenging situations.

Fun to play, Imaginhero is rooted in widely-used, and well-evidenced, therapeutic approaches used in cognitive behavioral therapy.

The gameplay is designed to help develop emotional intelligence and empathy. Each superpower is based on an underlying visualization that promotes positive thinking, and each supervillain represents an unhealthy response to an overwhelming emotion.

NEGATIVE WORDS

PROGRAM

NEGATIVE THINKING



NEGATIVE WORDS

PROGRAM

NEGATIVE THINKING



HACK YOUR THINKING

Get inside your mind and program it to use only positive words about yourself.



HACK YOUR THINKING

Pick some of the words below that describe you, or think of your own, and write them on the computer screens.

Smart

Creative

Awesome

Magical

Strong

Kind

Proud

Bold

Unique

Funny

Growing

Clever

Happy

Lovely

HACK YOUR THINKING

Get inside your mind and program it to use only positive words about yourself.



HACK YOUR THINKING

Choose some of the words below that describe you and write them on the computer screens.

Smart

Creative

Awesome

Magical

Strong

Kind

Confident

Bold

Enough

Funny

Capable

Clever

Happy

Stylish