

Negative  
I am not smart enough to do that.

Positive  
I can do hard things.

Negative  
Even if I study, I won't pass.

Positive  
I will try hard and do my best.

Negative  
I am not as beautiful as she/he is.

Flip the THOUGHT Flop

Positive  
If she does not like me, that's okay.

Positive  
I may need help with this.

Negative  
It seems like I can't do anything right.

Positive  
I might just be having a bad day.



### Session Objective:

\*Students will practice changing negative self-statements into positive self-statements.

### Materials:

- \*Flip flop handouts.
- \*Giant flip flop cut out, pasted back to back and laminated.
- \*Pencils or dry erase markers if laminated.

### Guiding Questions:

- \*Why is negative thinking harmful to our success?
- \*Why is positive thinking helpful to our success?

### Session Details (about 30 min):

\*There are 3 options for this activity. The first is using the flip flop pages, the second is to use the handouts or you could use the giant flip flops. If you use the giant flip flops, you will need to glue and laminate the matching flip flops together so it is double sided. On one side have the students come up with a negative thought they often think and then have them flip it and change it to be positive.

\*Say "Have you ever heard of the saying "you are your own worst enemy?" that basically means that sometimes we have thoughts and then act on those thoughts and it is harmful to our own success. When we are aware of our negative thoughts and can then question them and turn them to be positive, we can help lead ourselves to be more successful." "We are going to practice questioning our own thoughts, here are some questions we can ask ourselves when we have a negative thought." Review the "ask yourself" handout with the students. "Now we are going to apply those questions to some common negative thoughts that people have. We need to flip the negative thought flop to be positive. You will see on the flip flop handouts on one side of the flip flop it says negative and the other side it says positive. Let's go through each negative thought and try to make it positive. Remember to ask yourself the questions we just talked about to help guide your responses." Allow the students time to complete and then review as a group what they put down. You would do the same for the other handouts if you choose to use those instead. On the blank pages, have the students come up with their own negative thoughts and turn them to be positive.

### ASCA Standards Alignment:

- \*Mindset: Self-confidence in ability to succeed. (M 2)
- \*Behavior: Self-Management Skills: Demonstrate effective coping skills when faced with a problem. (B-SMS 7)

### SEL Competencies:

- \*Self-awareness: recognizing strengths, self-confidence, accurate self-perception.



Flip the  
**THOUGHT**  
Flop

When you have a negative thought  
ask yourself.....



Can you work harder to do this?



Are you being too hard on yourself?



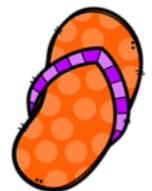
Are you being irrational or  
exaggerating?

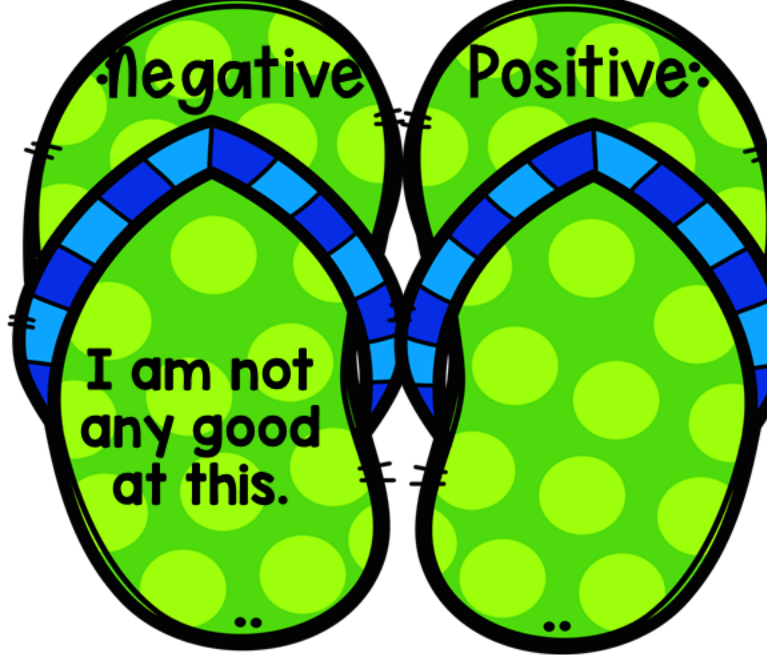
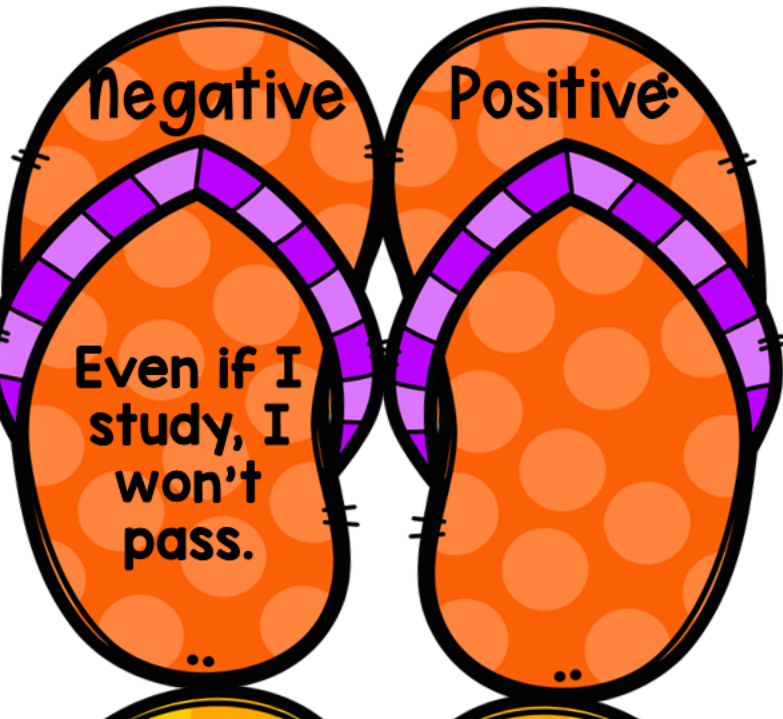
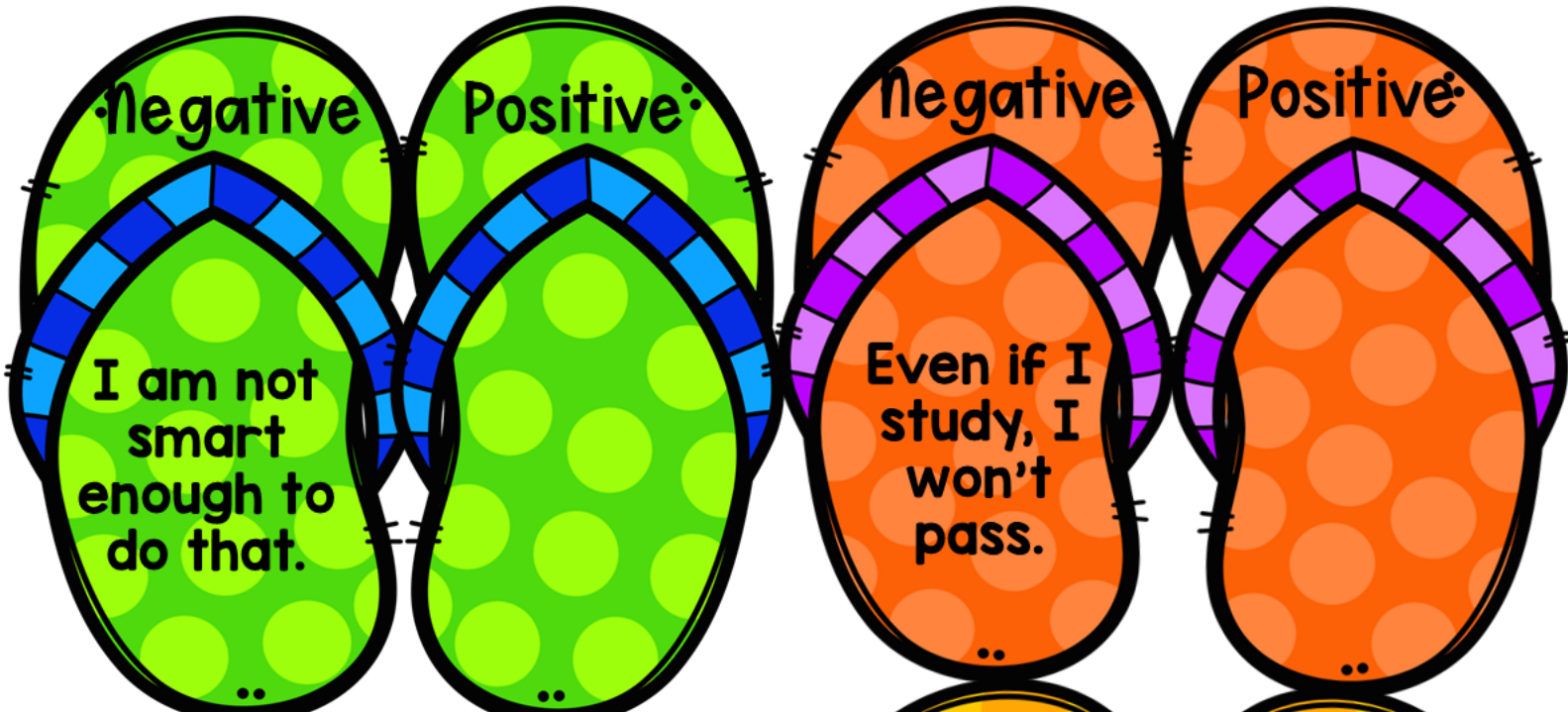


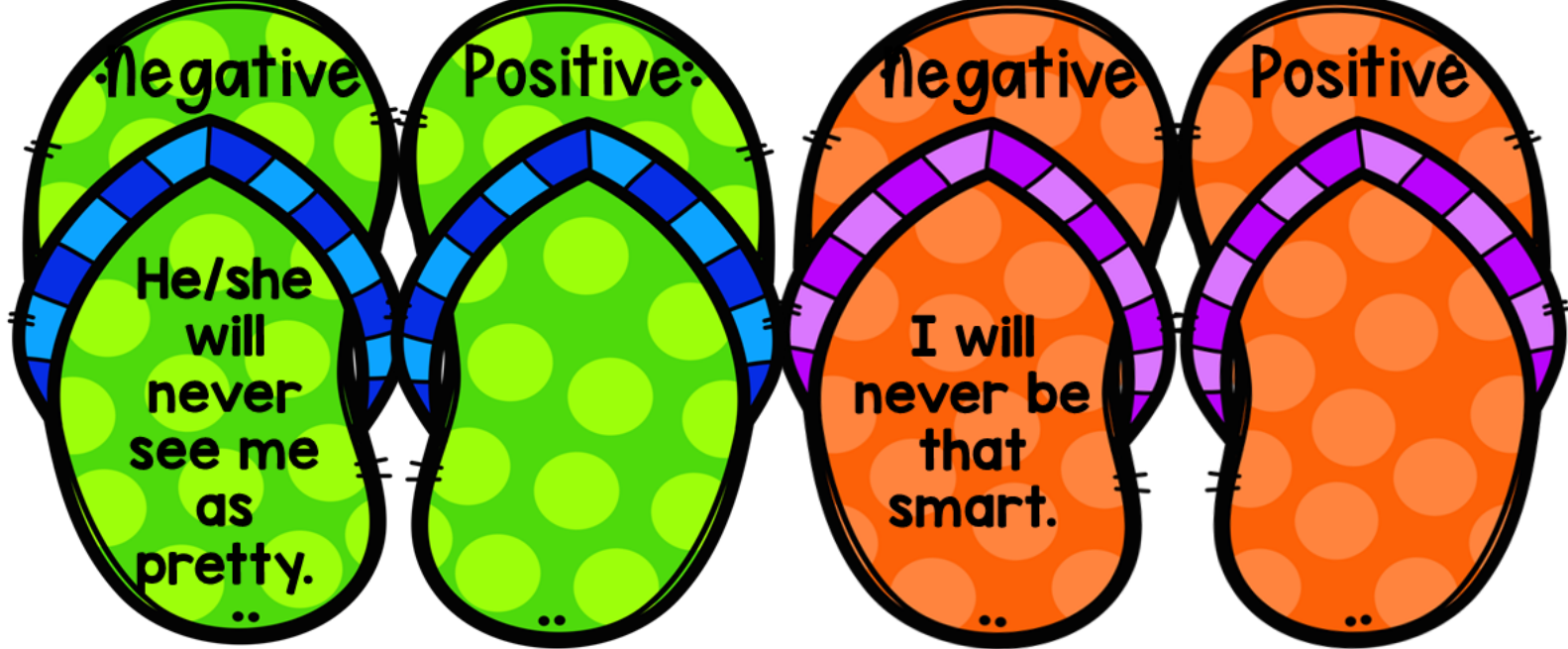
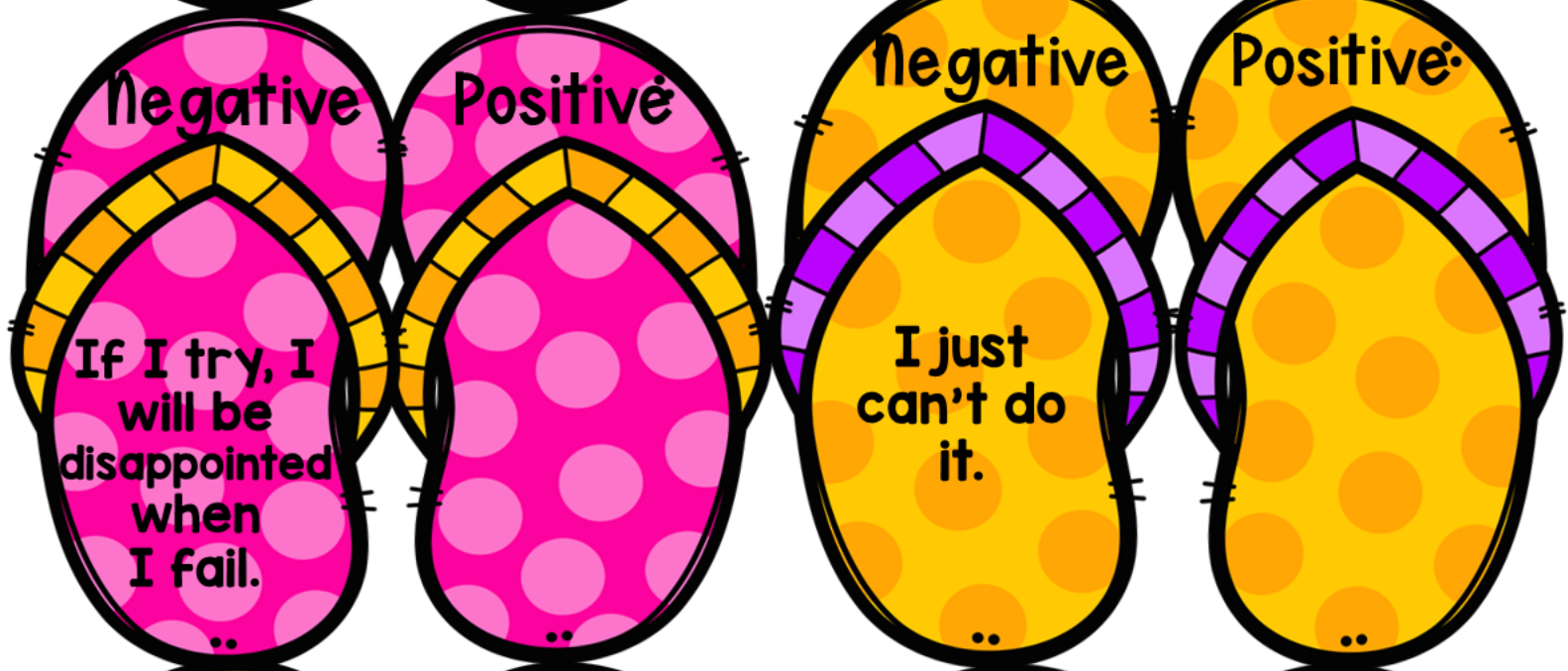
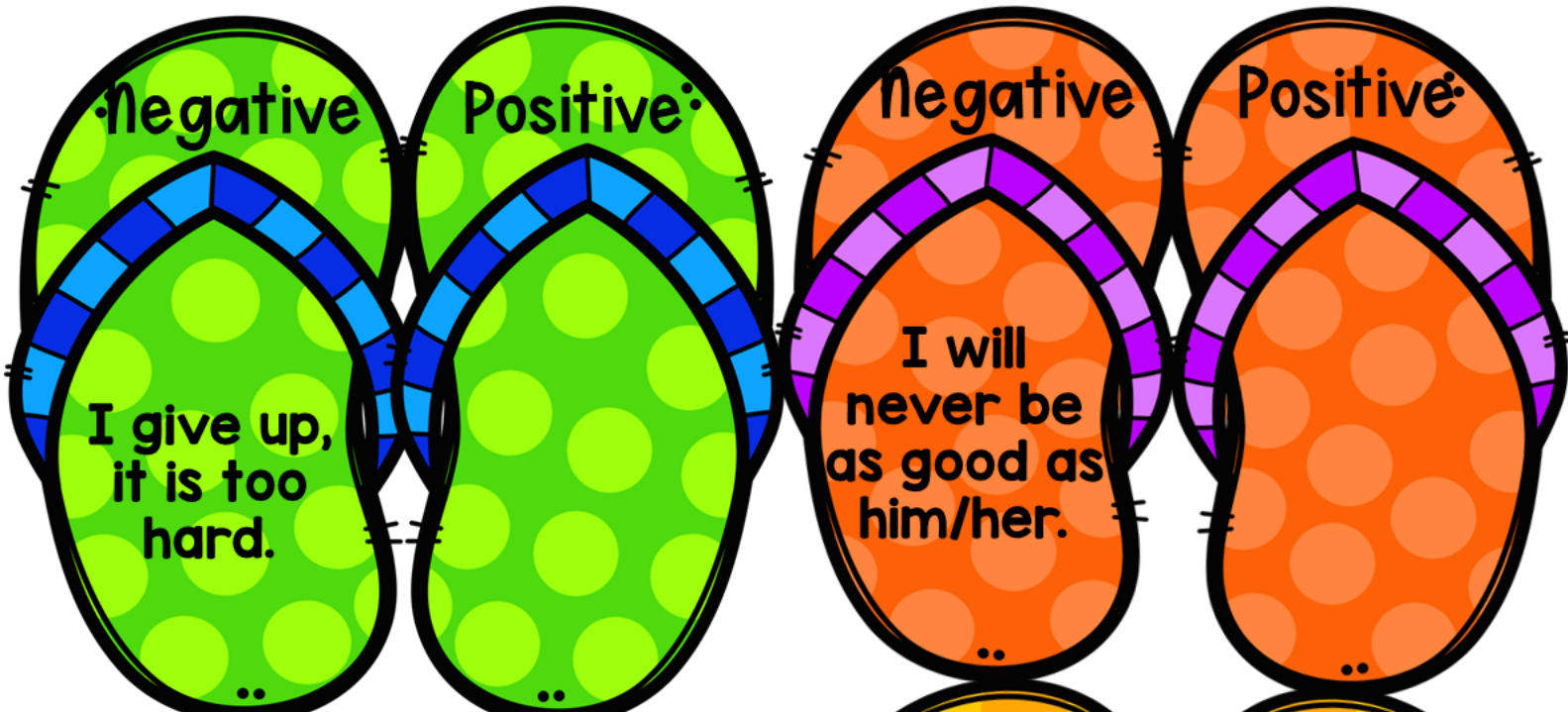
Are you assuming something bad  
will happen?

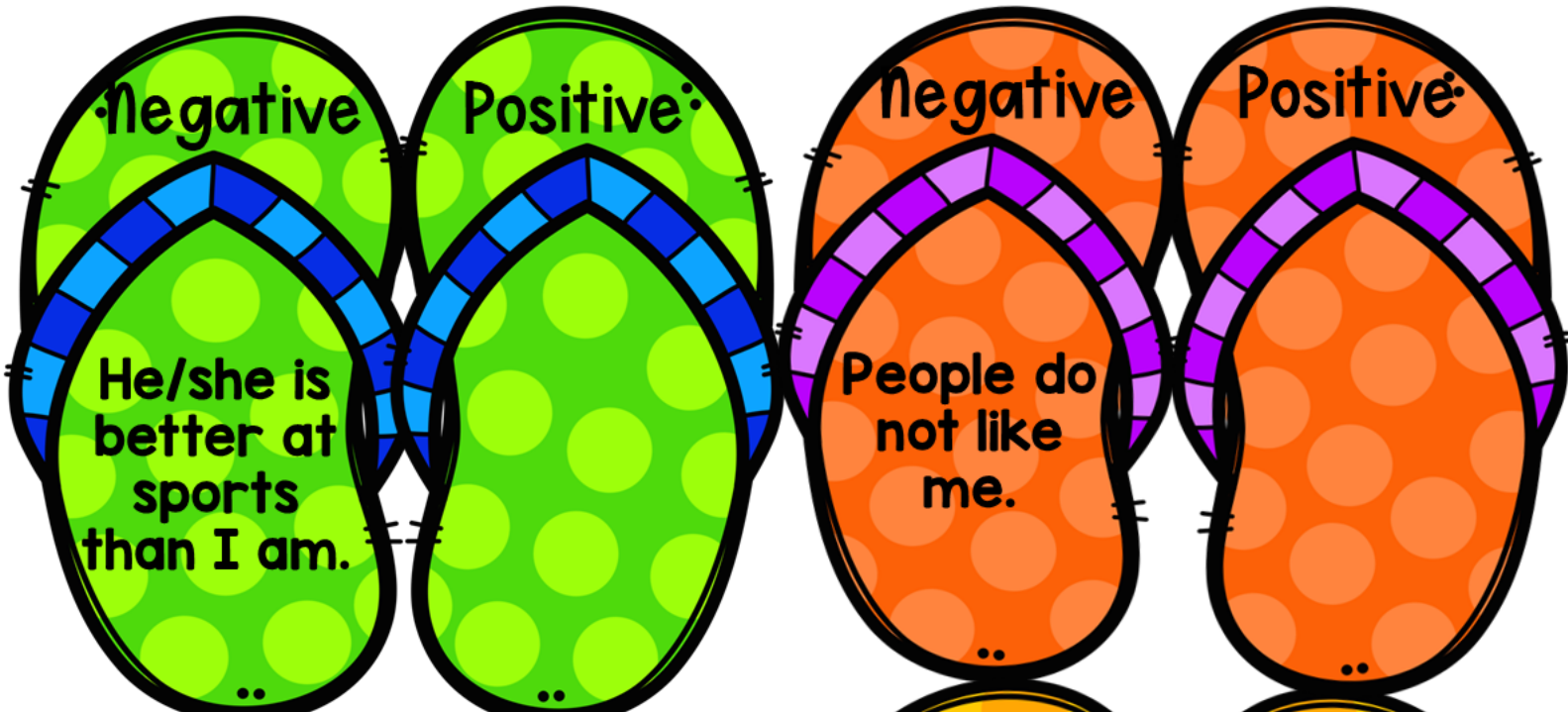


Are you capable of doing this but  
lack the motivation?





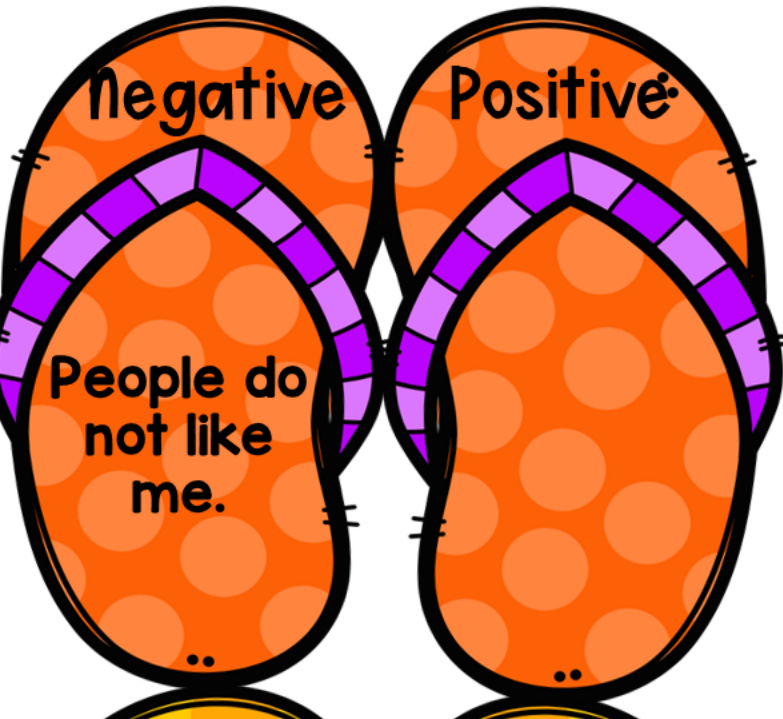




Negative

Positive

He/she is better at sports than I am.



Negative

Positive

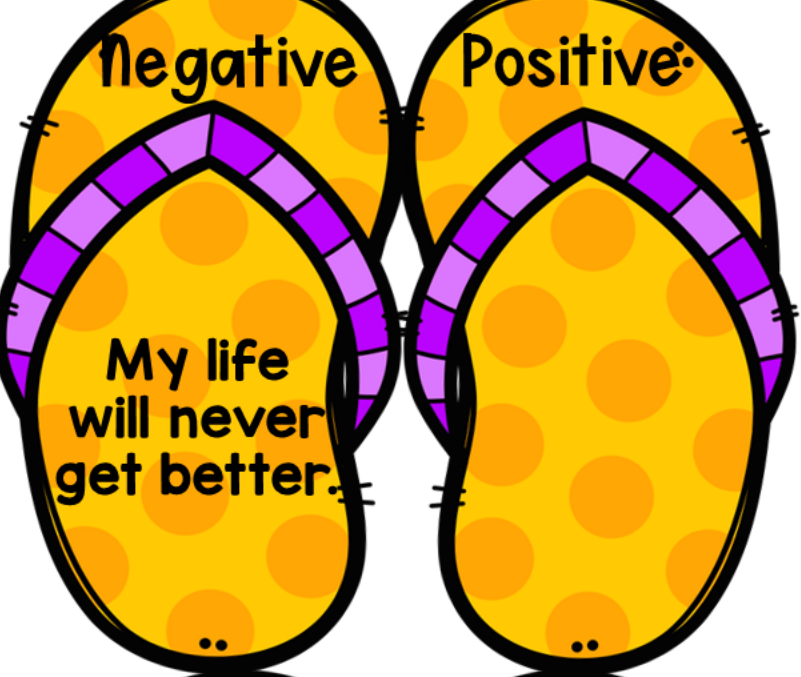
People do not like me.



Negative

Positive

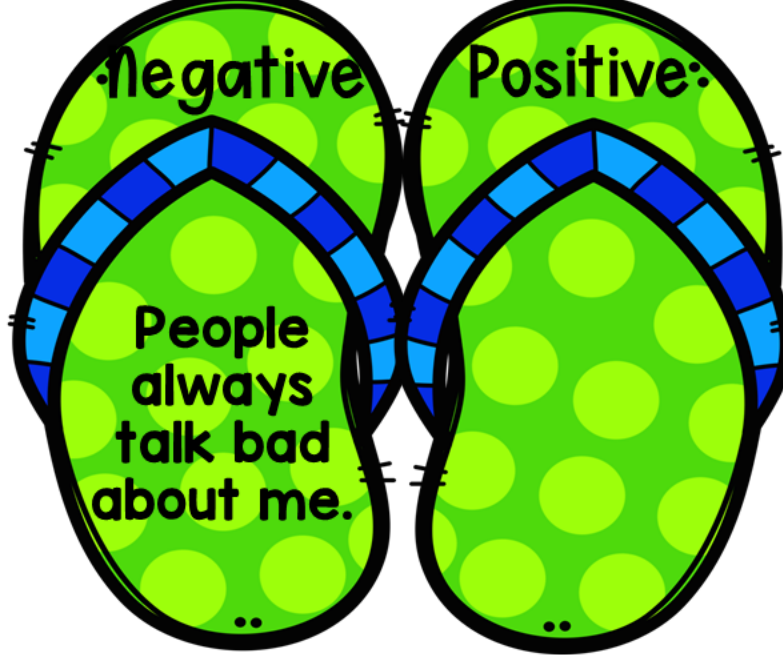
I will never be as popular as I want to be.



Negative

Positive

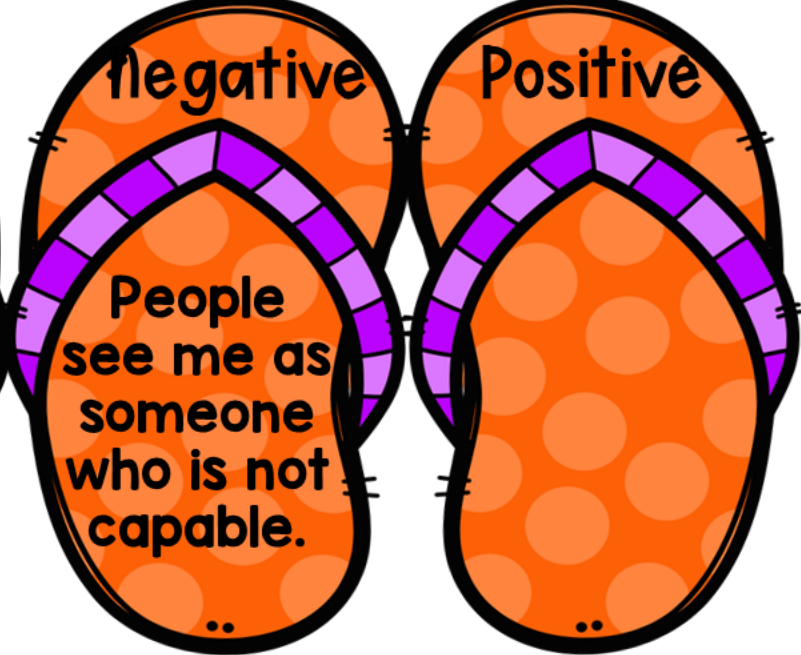
My life will never get better.



Negative

Positive

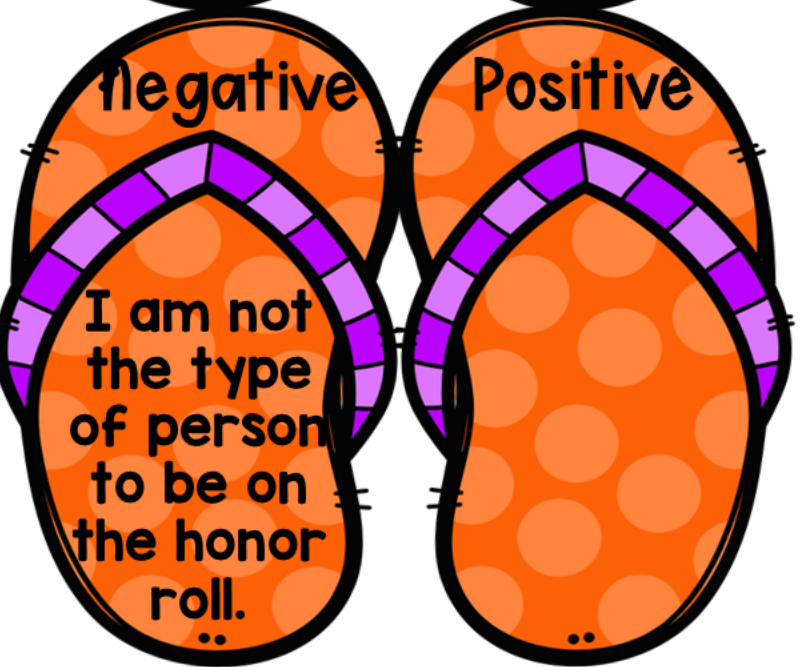
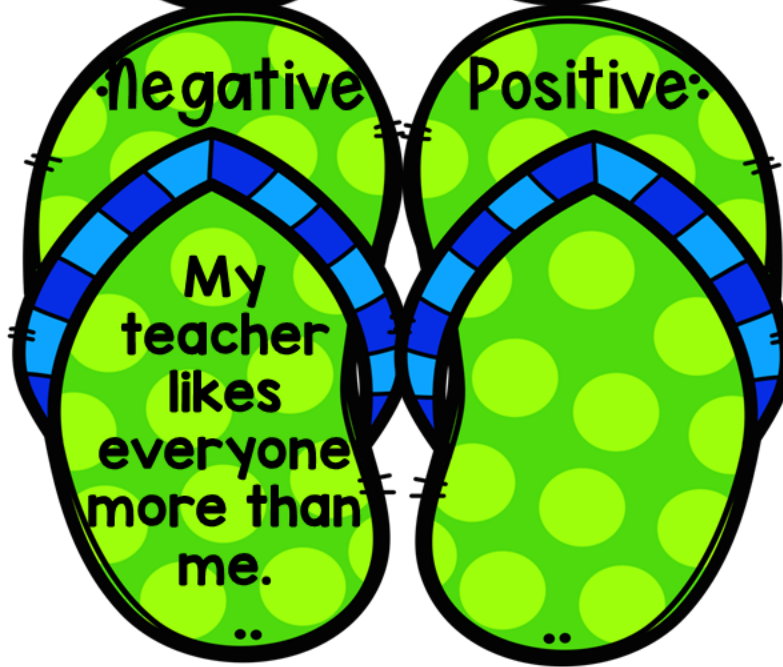
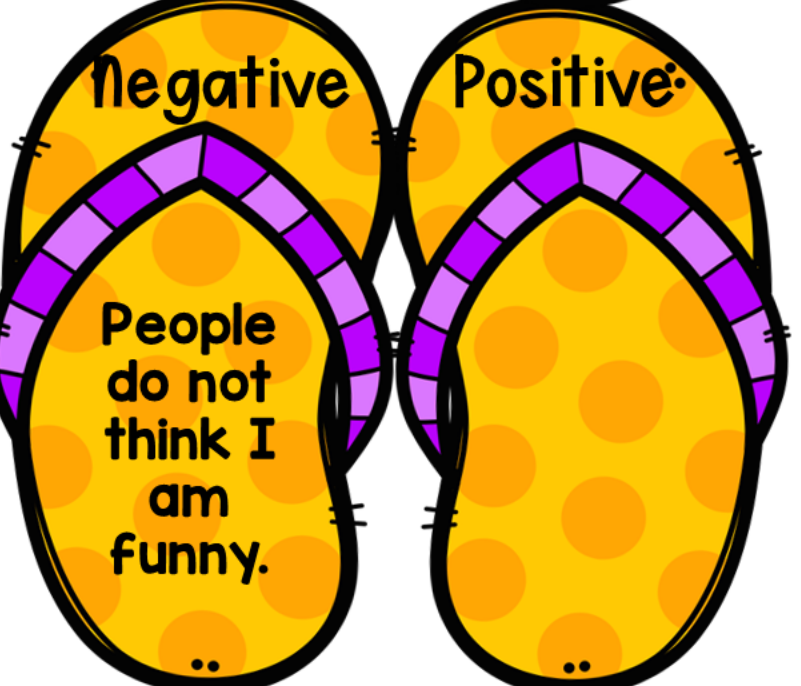
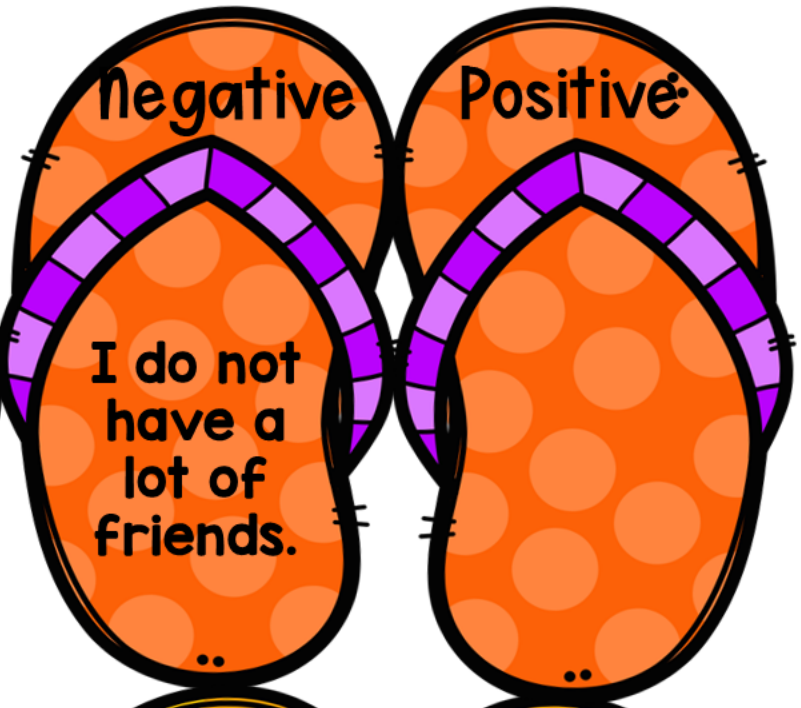
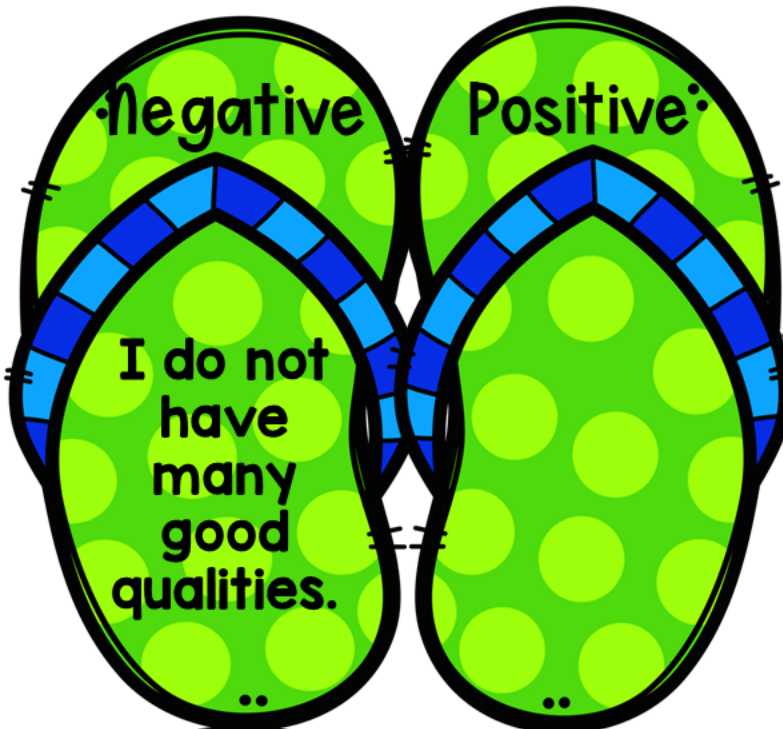
People always talk bad about me.

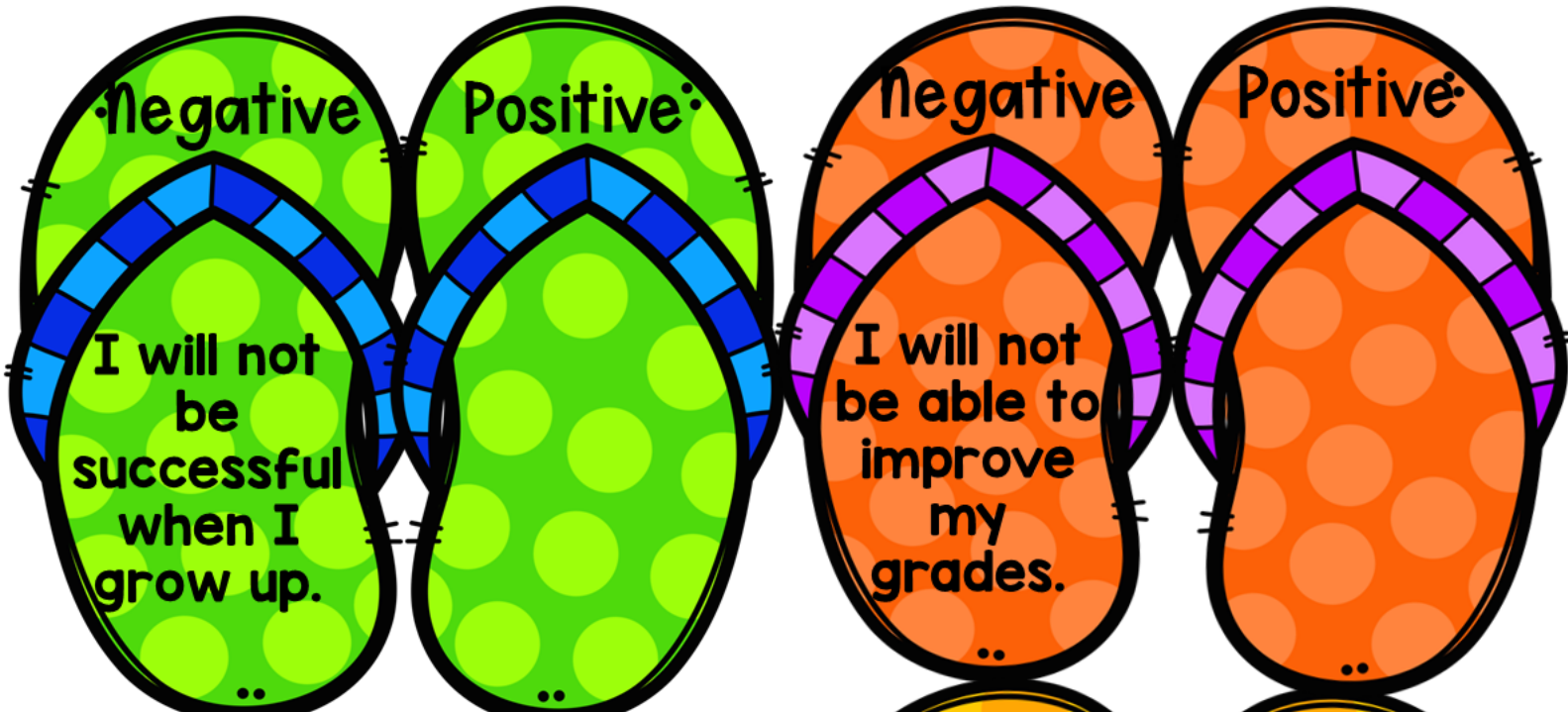


Negative

Positive

People see me as someone who is not capable.





Negative

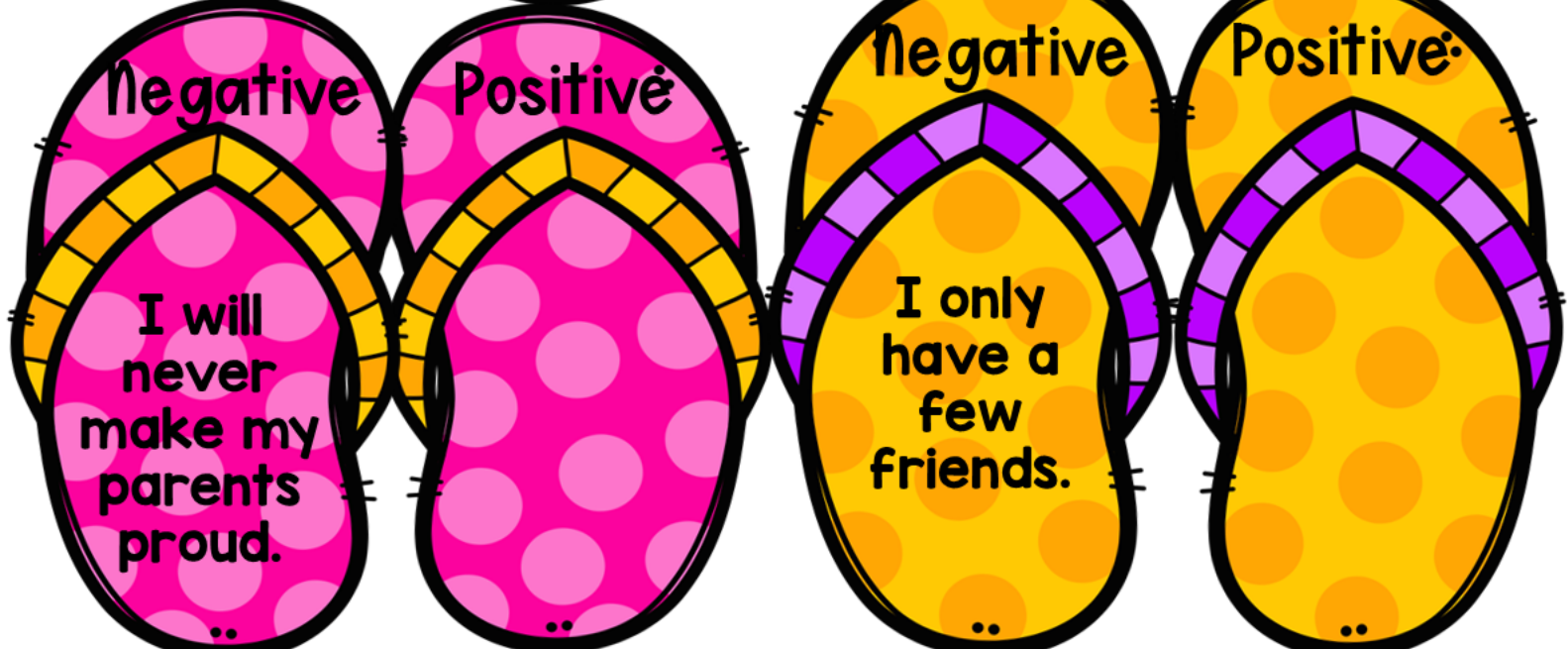
Positive:

Negative

Positive:

I will not be successful when I grow up.

I will not be able to improve my grades.



Negative

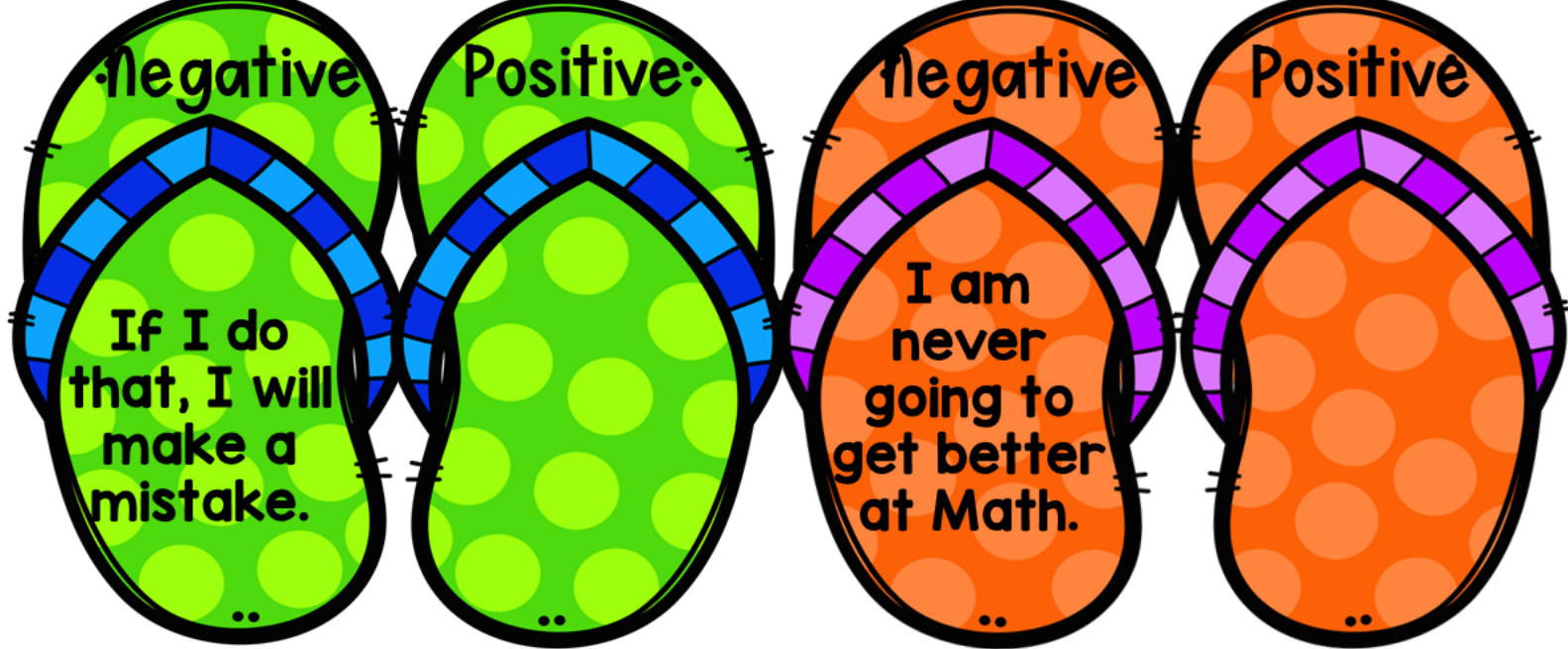
Positive:

Negative

Positive:

I will never make my parents proud.

I only have a few friends.



Negative

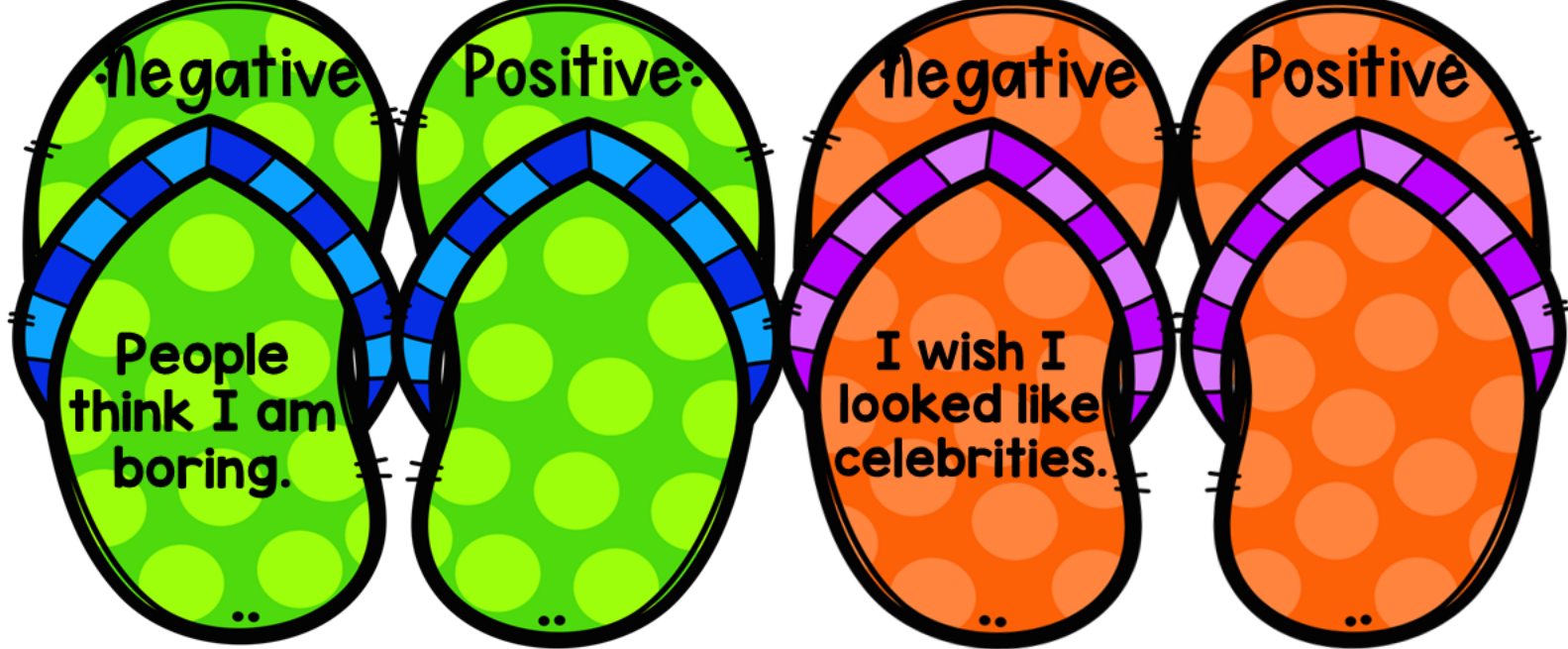
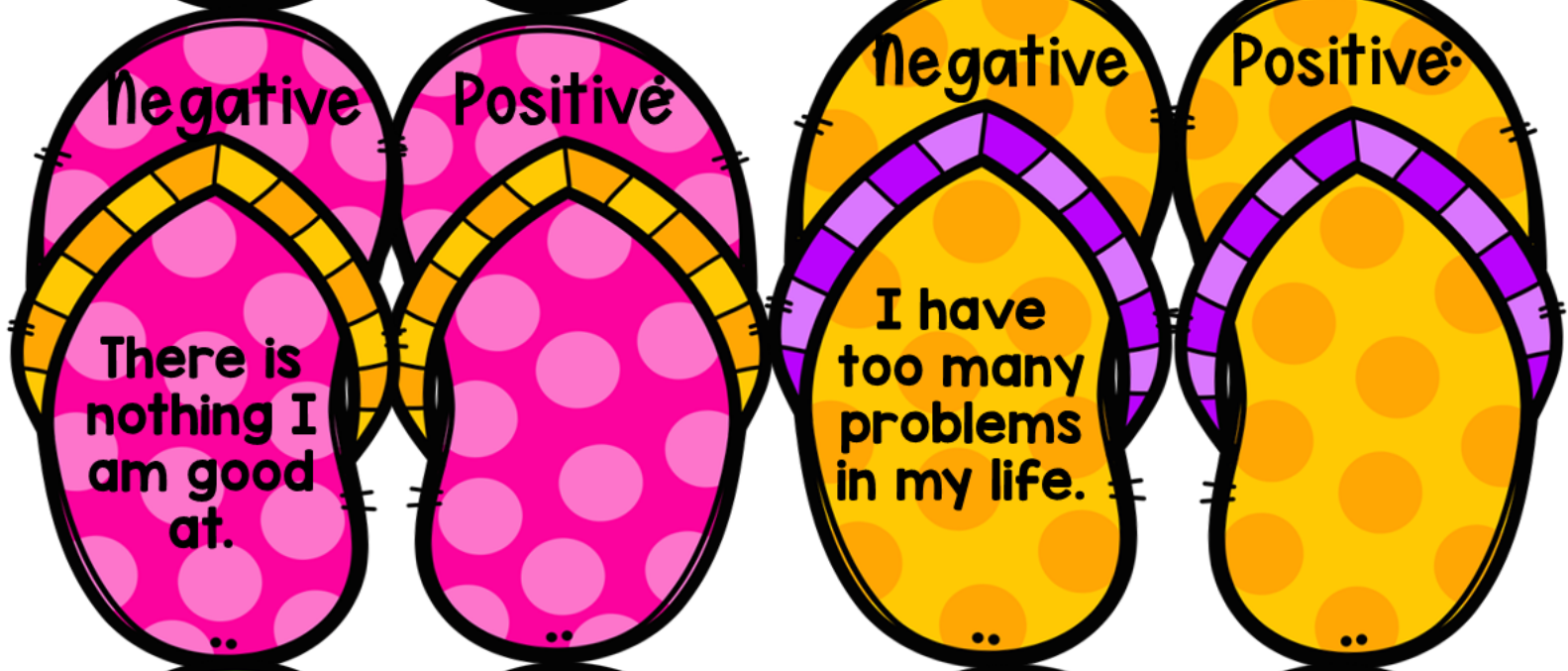
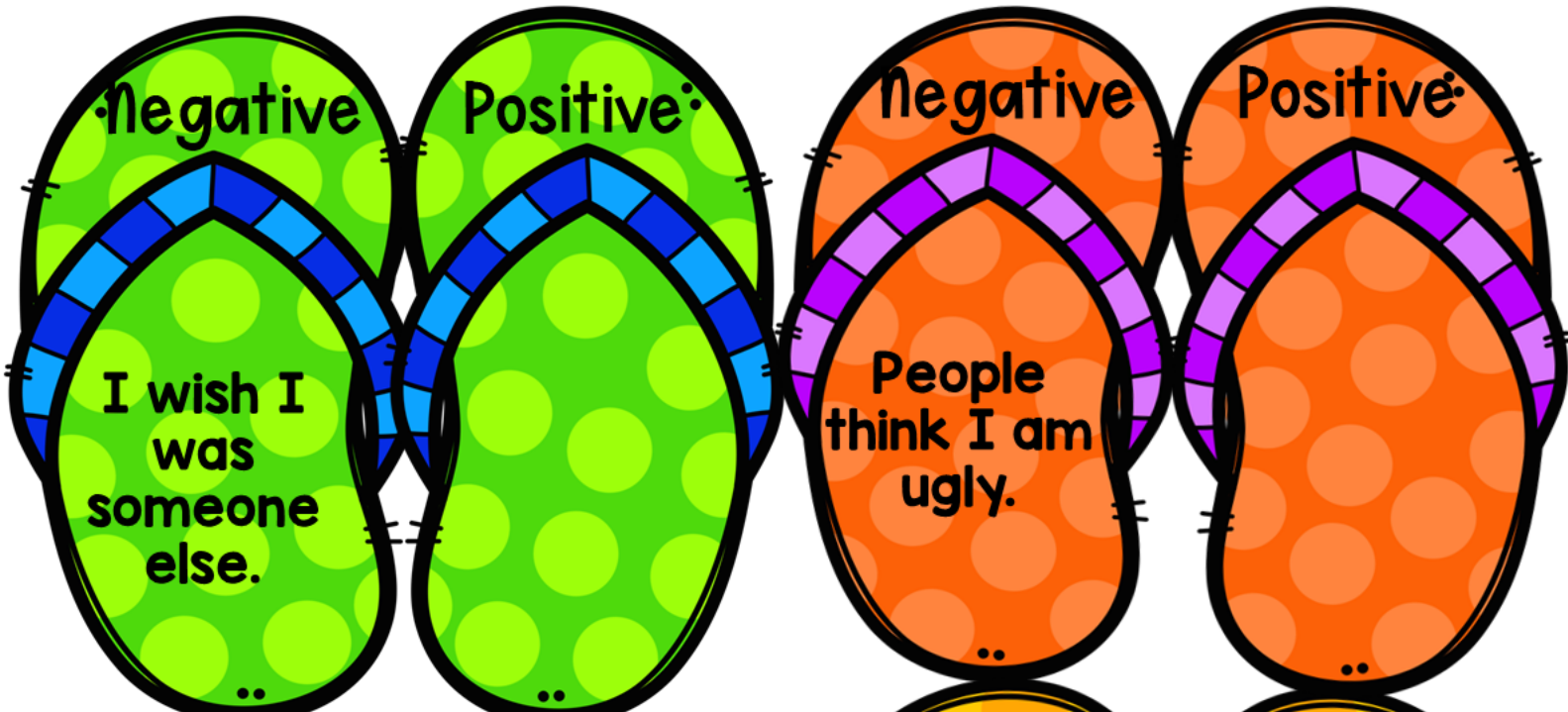
Positive:

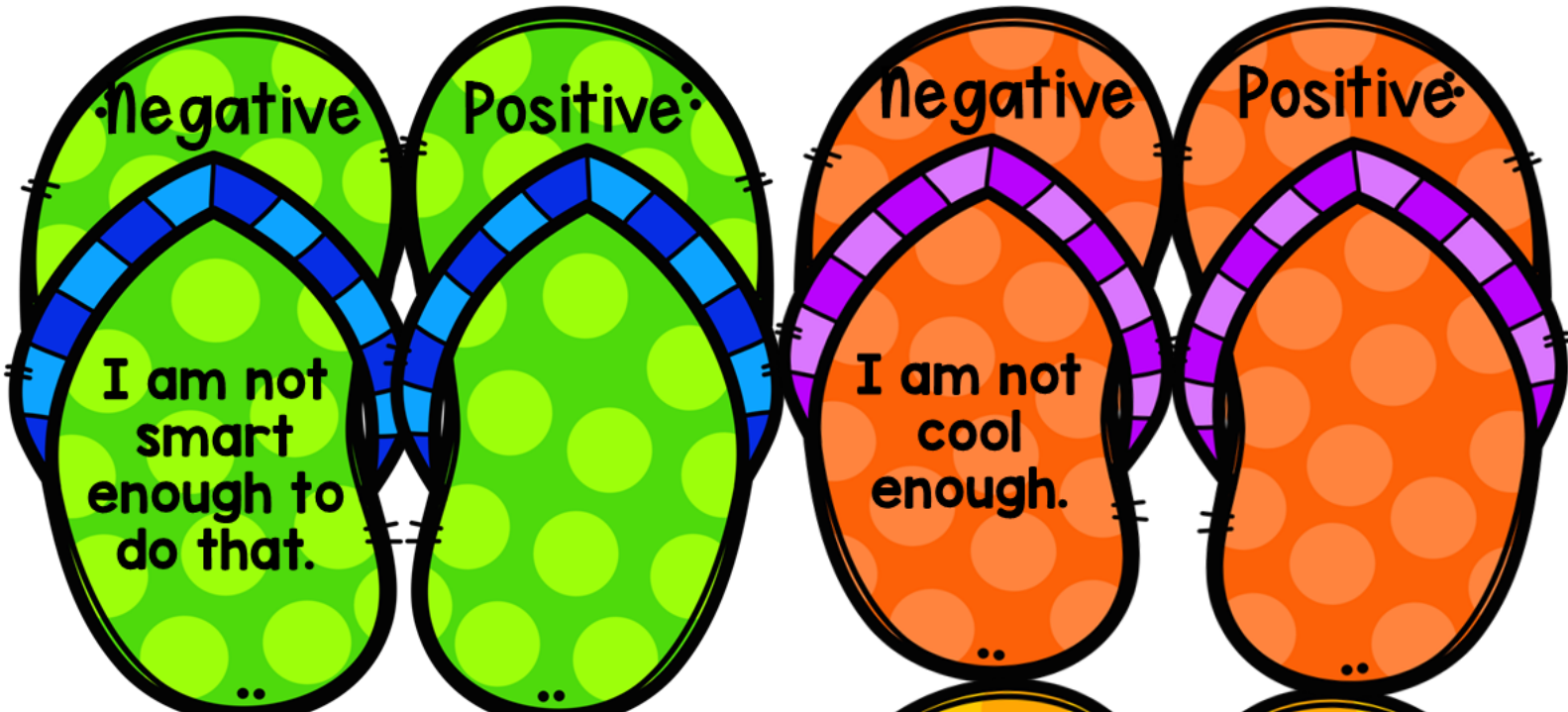
Negative

Positive

If I do that, I will make a mistake.

I am never going to get better at Math.

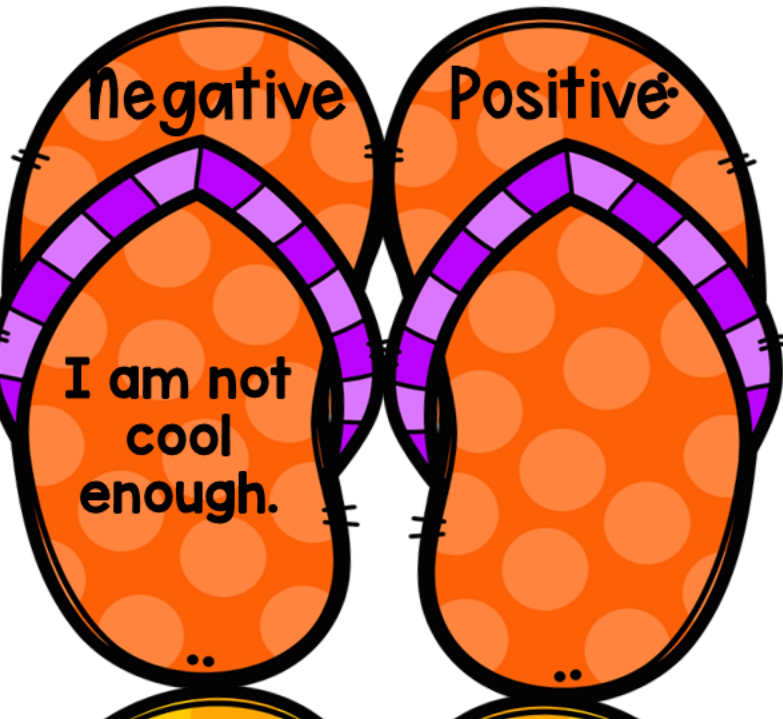




Negative

Positive

I am not smart enough to do that.



Negative

Positive

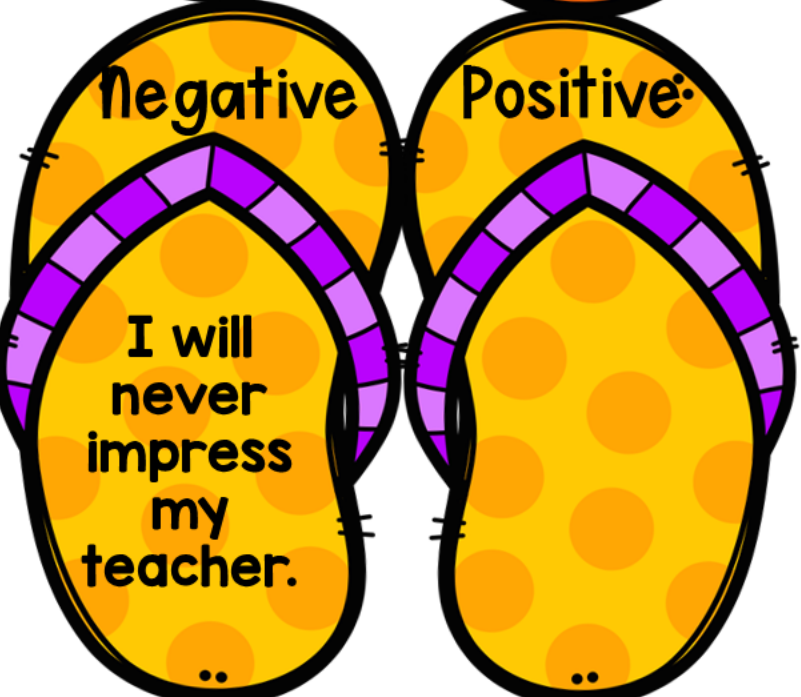
I am not cool enough.



Negative

Positive

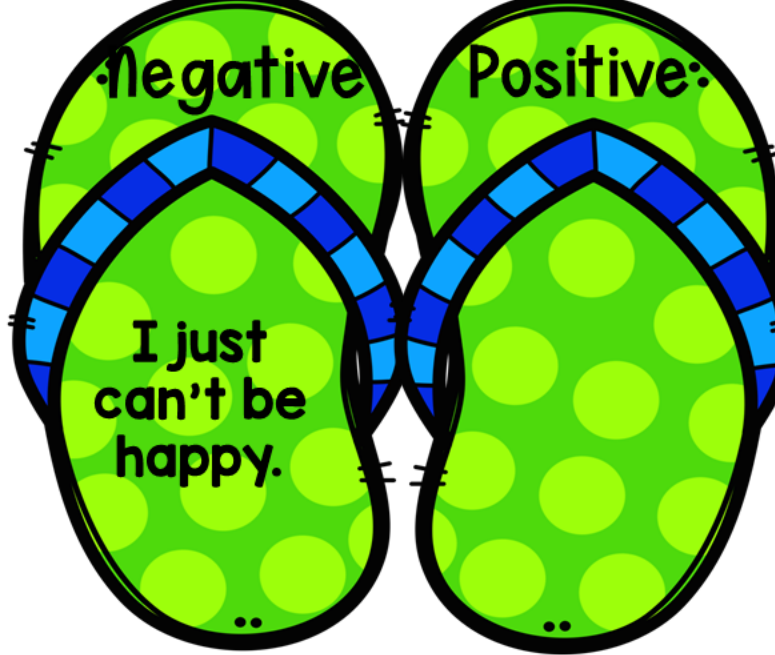
I am a failure.



Negative

Positive

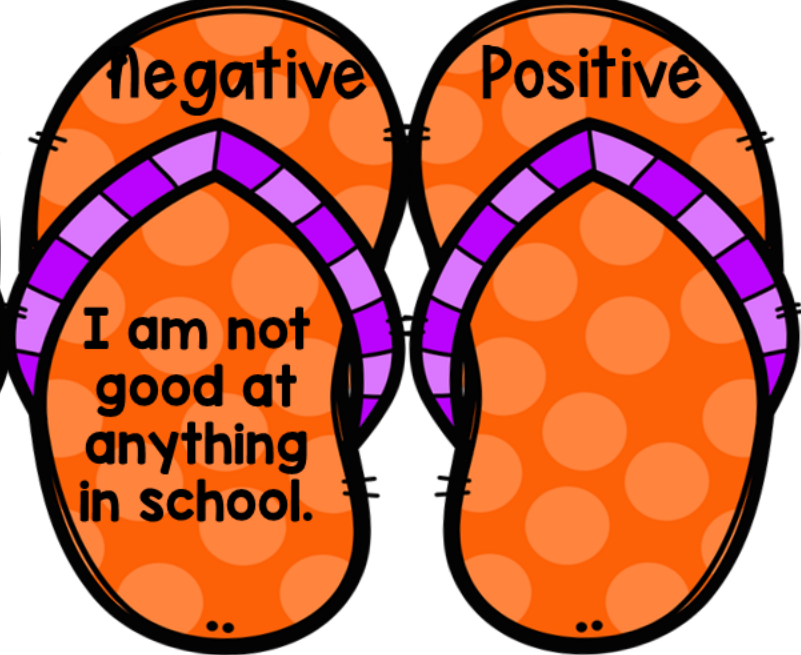
I will never impress my teacher.



Negative

Positive

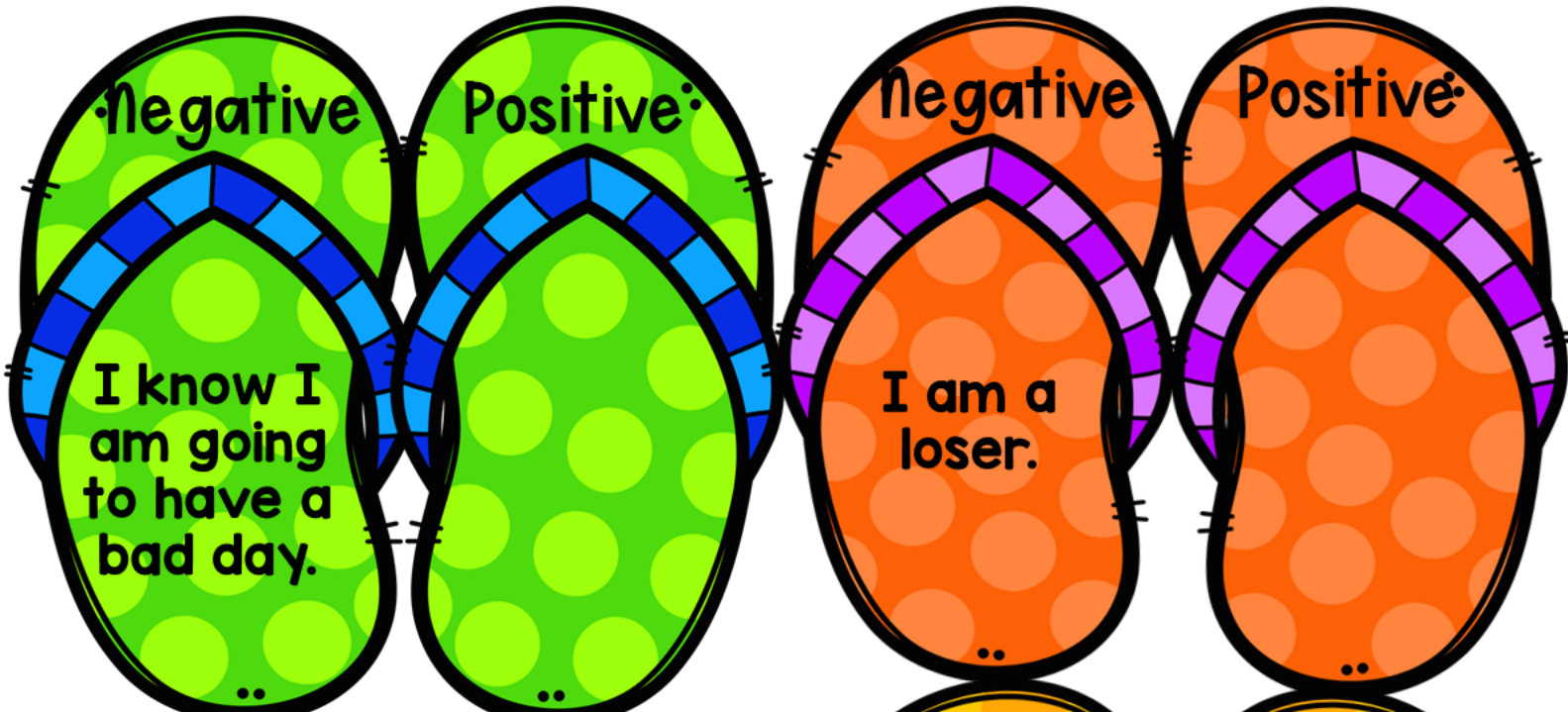
I just can't be happy.



Negative

Positive

I am not good at anything in school.



Negative

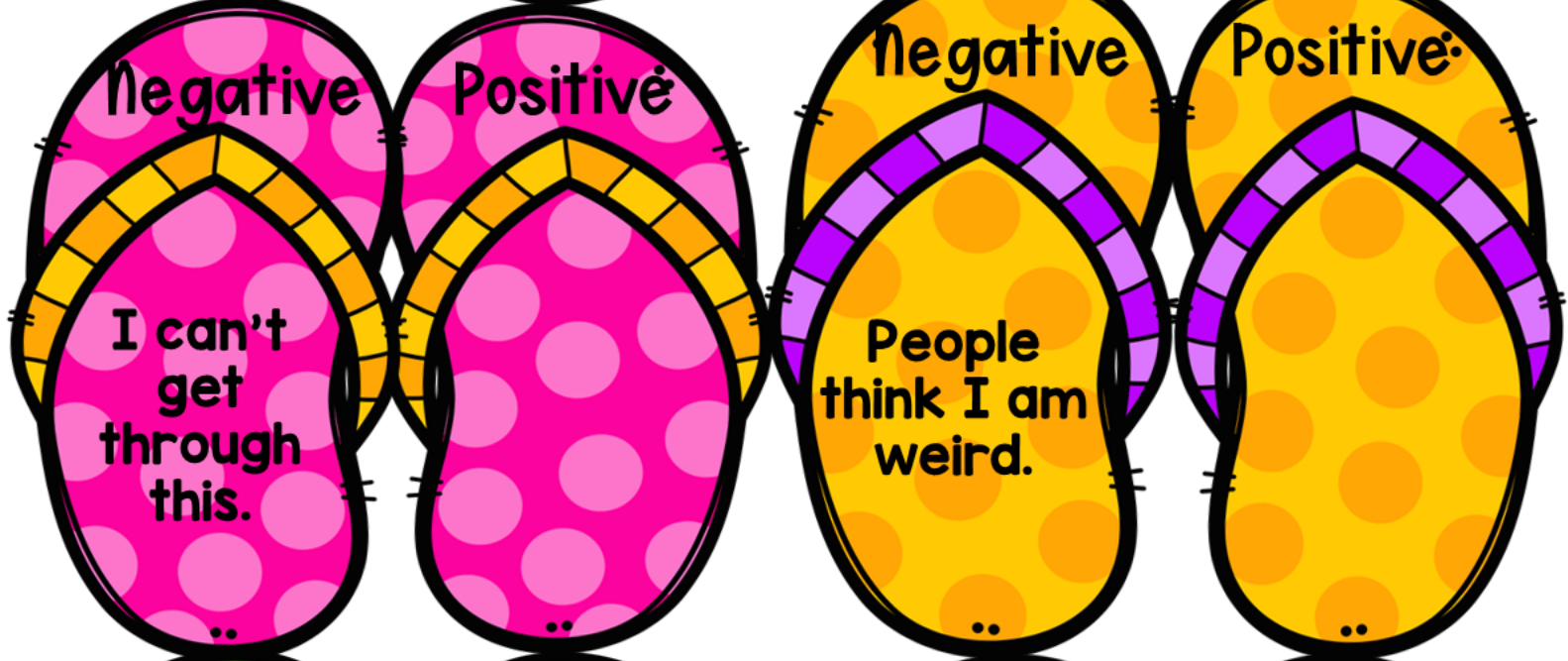
Positive:

Negative

Positive:

I know I am going to have a bad day.

I am a loser.



Negative

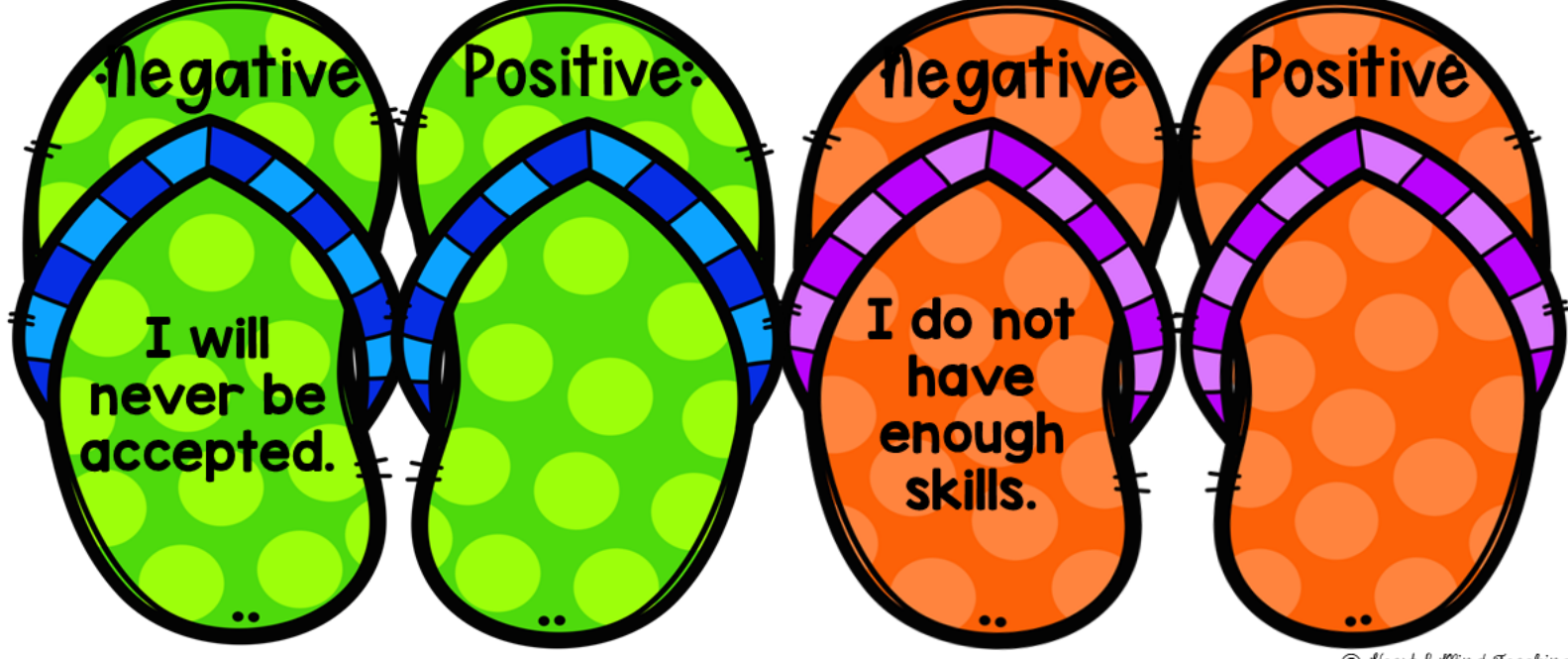
Positive:

Negative

Positive:

I can't get through this.

People think I am weird.



Negative

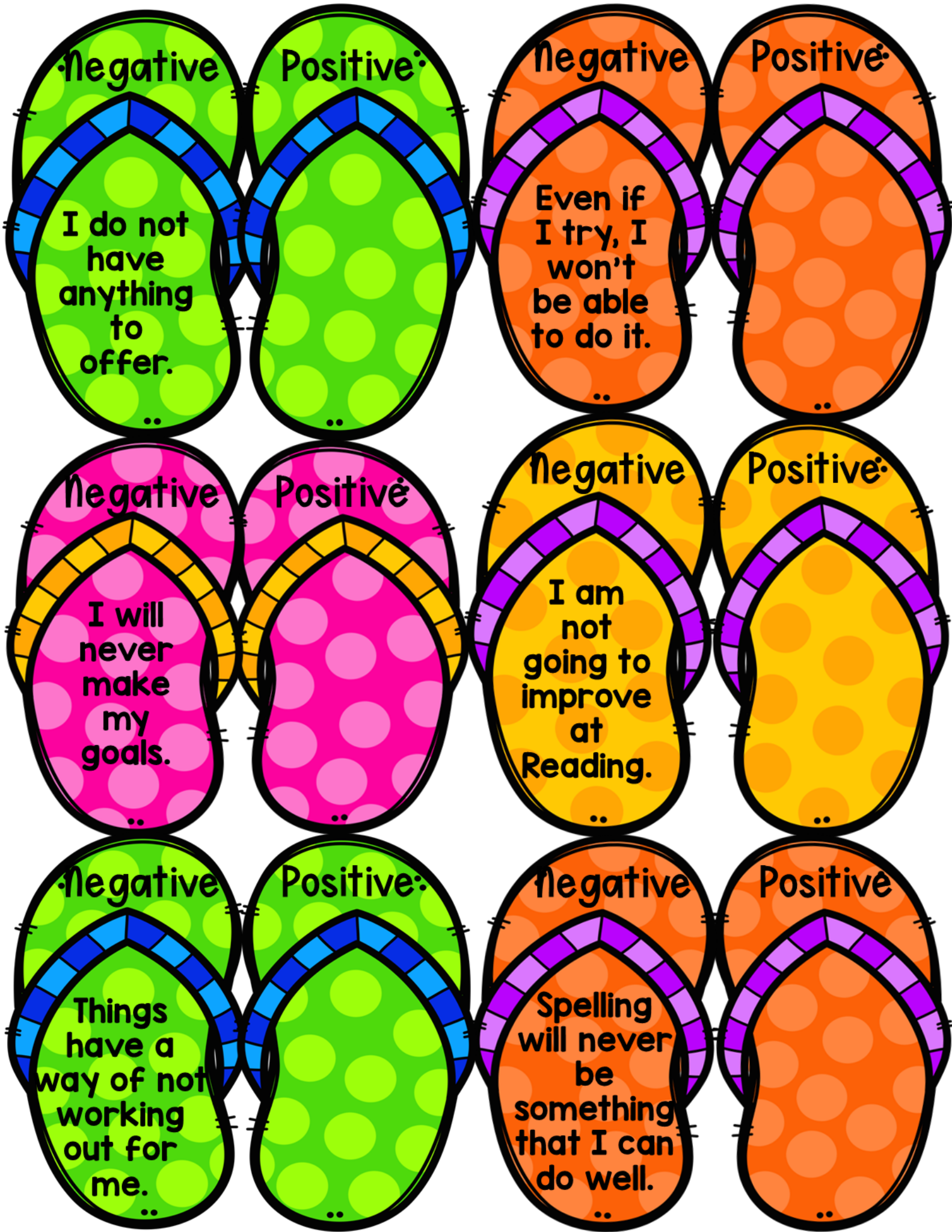
Positive:

Negative

Positive

I will never be accepted.

I do not have enough skills.



Negative

Positive:

I do not have anything to offer.

Negative

Positive:

Even if I try, I won't be able to do it.

Negative

Positive:

I will never make my goals.

Negative

Positive:

I am not going to improve at Reading.

Negative

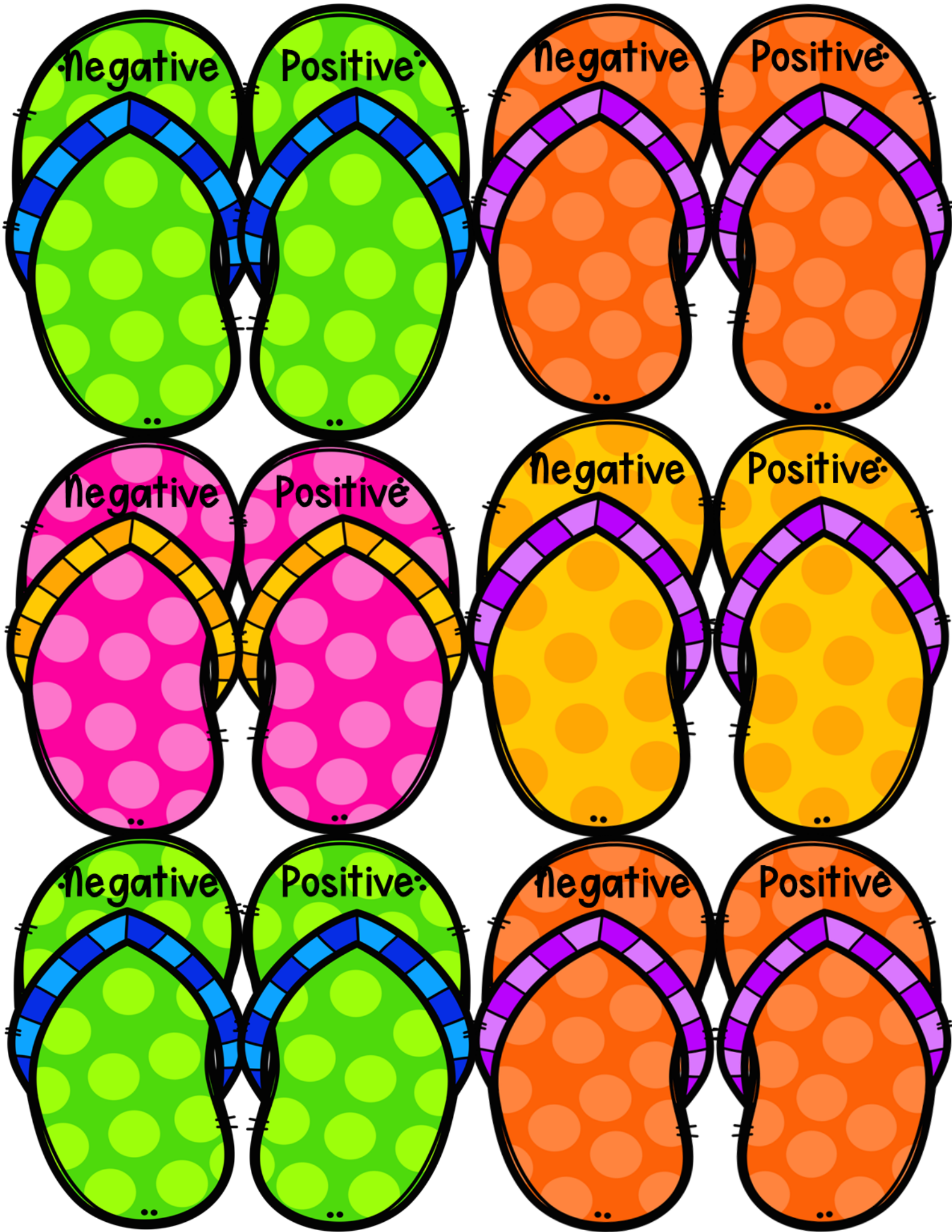
Positive:

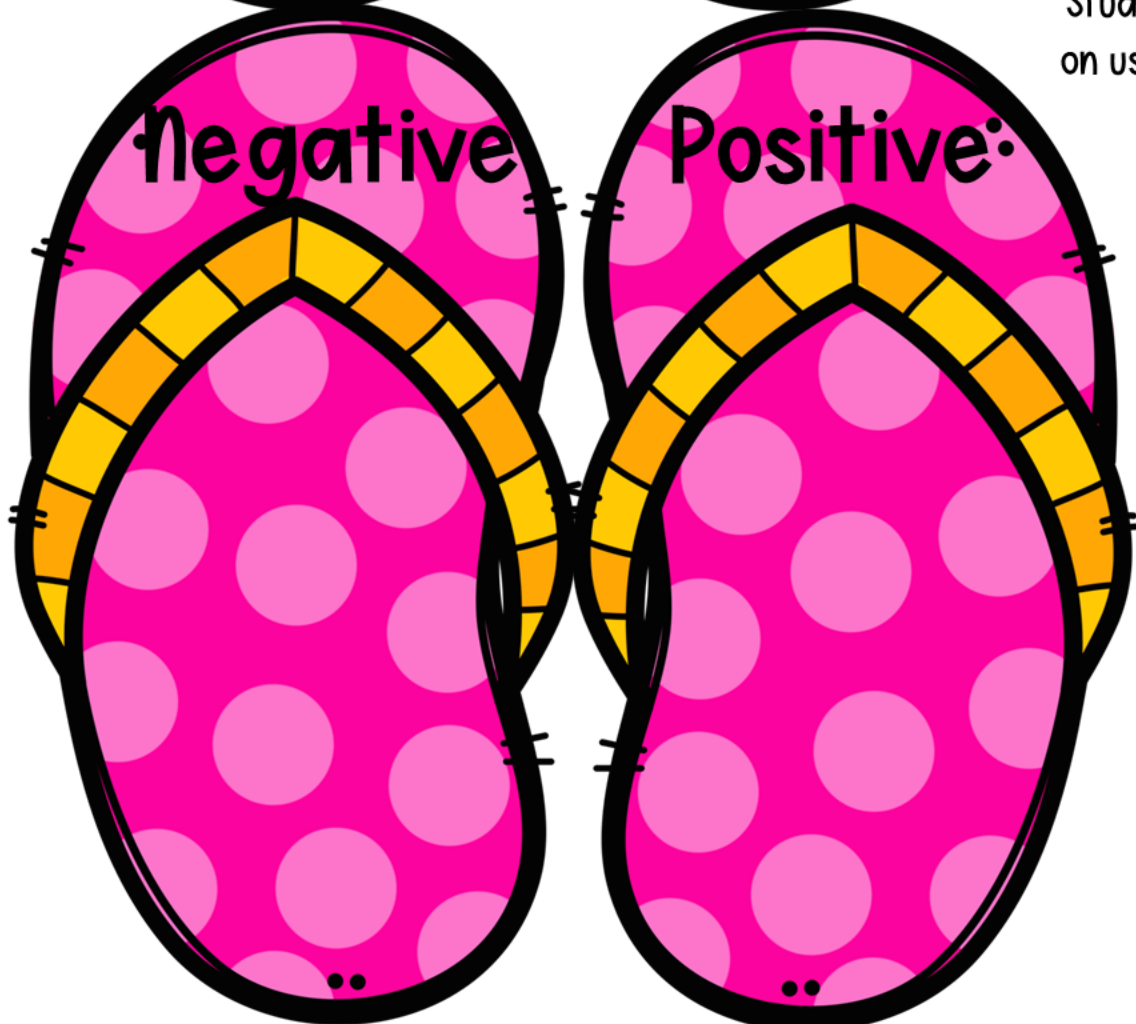
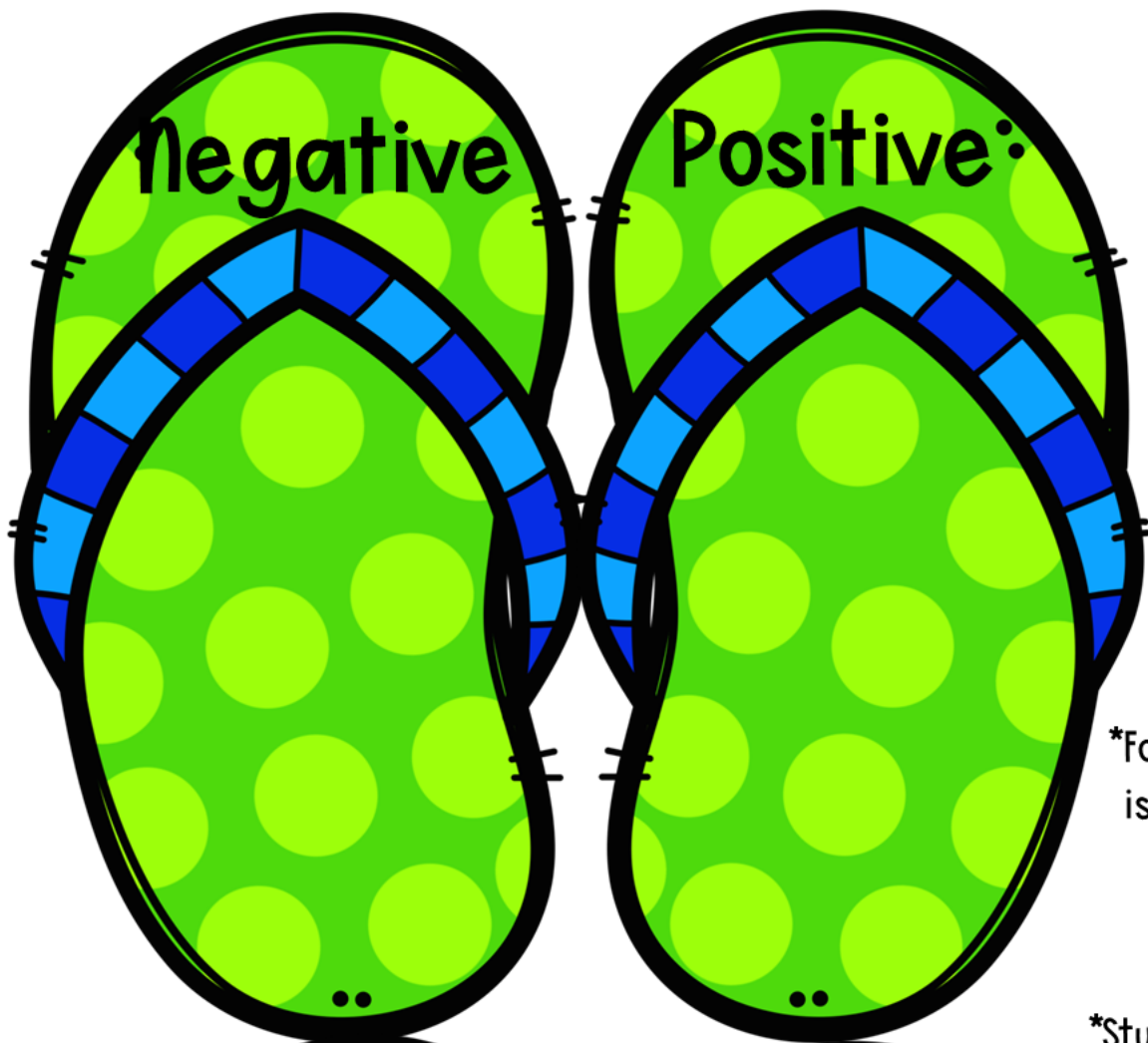
Things have a way of not working out for me.

Negative

Positive

Spelling will never be something that I can do well.





- \*Cut out.
- \*Fold in half so it is double sided.
- \*Glue/tape together.
- \*Laminate.
- \*Students can write on using dry erase markers.



Negative Thought Flop



Positive Thought Flip

**I am not smart enough to do that.**



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**I am not as beautiful as she/he is.**



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**She/he would not want to be my friend.**



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**I am not any good at this.**



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**It seems like I can't do anything right.**



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Negative Thought Flop

**Even if I study,  
I won't pass.**



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**I will never be  
as good as  
him/her.**



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**I just can't  
do it.**



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**He/she will never  
see me as  
pretty.**



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**If I try, I will be  
disappointed when  
I fail.**



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Negative Thought Flop



Positive Thought Flip

**I give up, it is too hard.**



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**I will never be that smart.**



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**People do not like me.**



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**My life will never get better.**



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**People see me as someone who is not capable.**



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Negative Thought Flop



Positive Thought Flip

He/she is better at sports than I am.



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I will never be as popular as I want to be.



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I am not the type of person to be on the honor roll.



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People always talk bad about me.



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My teacher likes everyone more than me.



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Negative Thought Flop



Positive Thought Flip

**I do not have a lot of friends.**



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**I do not have many good qualities.**



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**People do not think I am funny.**



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**No one listens to me.**



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**If I do that, I will make a mistake.**



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Negative Thought Flop

**I will not be successful when I grow up.**



Positive Thought Flip

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**I only have a few friends.**



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**I will never make my parents proud.**



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**I will not be able to improve my grades.**



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**I am never going to get better at Math.**



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Negative Thought Flop



Positive Thought Flip

There is nothing I am good at.

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I wish I was someone else.

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People think I am boring.

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I have too many problems in my life.

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I wish I looked like celebrities.

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Negative Thought Flop



Positive Thought Flip

People think I am ugly.



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I will never impress my teacher.



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I am not cool enough.



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I am not good at anything in school.



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I just can't be happy.



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Negative Thought Flop



Positive Thought Flip

**I am not smart enough to do that.**



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**People think I am weird.**



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**I am a failure.**



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**I do not have enough skills.**



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**I will never be accepted.**



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Negative Thought Flop



Positive Thought Flip

**I know I am going to have a bad day.**



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**I can't get through this.**



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**I am a loser.**



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**I will never make my goals.**



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**I do not have anything to offer.**



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Negative Thought Flop



Positive Thought Flip

Even if I try, I won't be able to do it.



Four horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.

\* I feel like I am set up to fail.



Four horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.

Things have a way of not working out for me.



Four horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.

Spelling will never be something that I can do well.



Four horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.

\* I am not going to improve at Reading.



Four horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.



Negative Thought Flop



Positive Thought Flip



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When you have a negative thought  
ask yourself.....



Can you work harder to do this?



Are you being too hard on yourself?



Are you being irrational or  
exaggerating?



Are you assuming something bad  
will happen?



Are you capable of doing this but  
lack the motivation?



<b>negative</b> I am not smart enough to do that.	<b>Positive:</b>	<b>negative</b> Even if I study, I won't pass.	<b>Positive:</b>
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<b>negative</b> I am not as beautiful as she/he is.	<b>Positive:</b>	<b>negative</b> She/he would not want to be my friend.	<b>Positive:</b>
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<b>negative</b> I am not any good at this.	<b>Positive:</b>	<b>negative</b> It seems like I can't do anything right.	<b>Positive:</b>
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<b>negative</b> I give up, it is too hard.	<b>Positive:</b>	<b>negative</b> I will never be as good as him/her.	<b>Positive:</b>
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<b>negative</b> If I try, I will be disappointed when I fail.	<b>Positive:</b>	<b>negative</b> I just can't do it.	<b>Positive:</b>
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<b>negative</b> He/she will never see me as pretty.	<b>Positive:</b>	<b>negative</b> I will never be that smart.	<b>Positive:</b>
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<b>negative</b> He/she is better at sports than I am.	<b>Positive:</b>	<b>negative</b> People do not like me.	<b>Positive:</b>
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<b>negative</b> I will never be as popular as I want to be.	<b>Positive:</b>	<b>negative</b> My life will never get better.	<b>Positive:</b>
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<b>negative</b> People always talk bad about me.	<b>Positive:</b>	<b>negative</b> People see me as someone who is not capable.	<b>Positive:</b>
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<b>negative</b> I do not have many good qualities.	<b>Positive:</b>	<b>negative</b> I do not have a lot of friends.	<b>Positive:</b>
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<b>negative</b> No one listens to me.	<b>Positive:</b>	<b>negative</b> People do not think I am funny.	<b>Positive:</b>
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<b>negative</b> My teacher likes everyone more than me.	<b>Positive:</b>	<b>negative</b> I am not the type of person to be on the honor roll.	<b>Positive:</b>
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<b>negative</b> I will not be successful when I grow up.	<b>Positive:</b>	<b>negative</b> I will not be able to improve my grades.	<b>Positive:</b>
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<b>negative</b> I will never make my parents proud.	<b>Positive:</b>	<b>negative</b> I only have a few friends.	<b>Positive:</b>
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<b>negative</b> If I do that, I will make a mistake.	<b>Positive:</b>	<b>negative</b> I am never going to get better at Math.	<b>Positive:</b>
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<b>negative</b> I wish I was someone else.	<b>Positive:</b>	<b>negative</b> People think I am ugly.	<b>Positive:</b>
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<b>negative</b> There is nothing I am good at.	<b>Positive:</b>	<b>negative</b> I have too many problems in my life.	<b>Positive:</b>
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<b>negative</b> People think I am boring.	<b>Positive:</b>	<b>negative</b> I wish I looked like celebrities.	<b>Positive:</b>
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<b>negative</b> I am not smart enough to do that.	<b>Positive:</b>	<b>negative</b> I am not cool enough.	<b>Positive:</b>
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<b>negative</b> I am a failure.	<b>Positive:</b>	<b>negative</b> I will never impress my teacher.	<b>Positive:</b>
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<b>negative</b> I just can't be happy.	<b>Positive:</b>	<b>negative</b> I am not good at anything in school.	<b>Positive:</b>
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<b>negative</b> I know I am going to have a bad day.	<b>Positive:</b>	<b>negative</b> I am a loser.	<b>Positive:</b>
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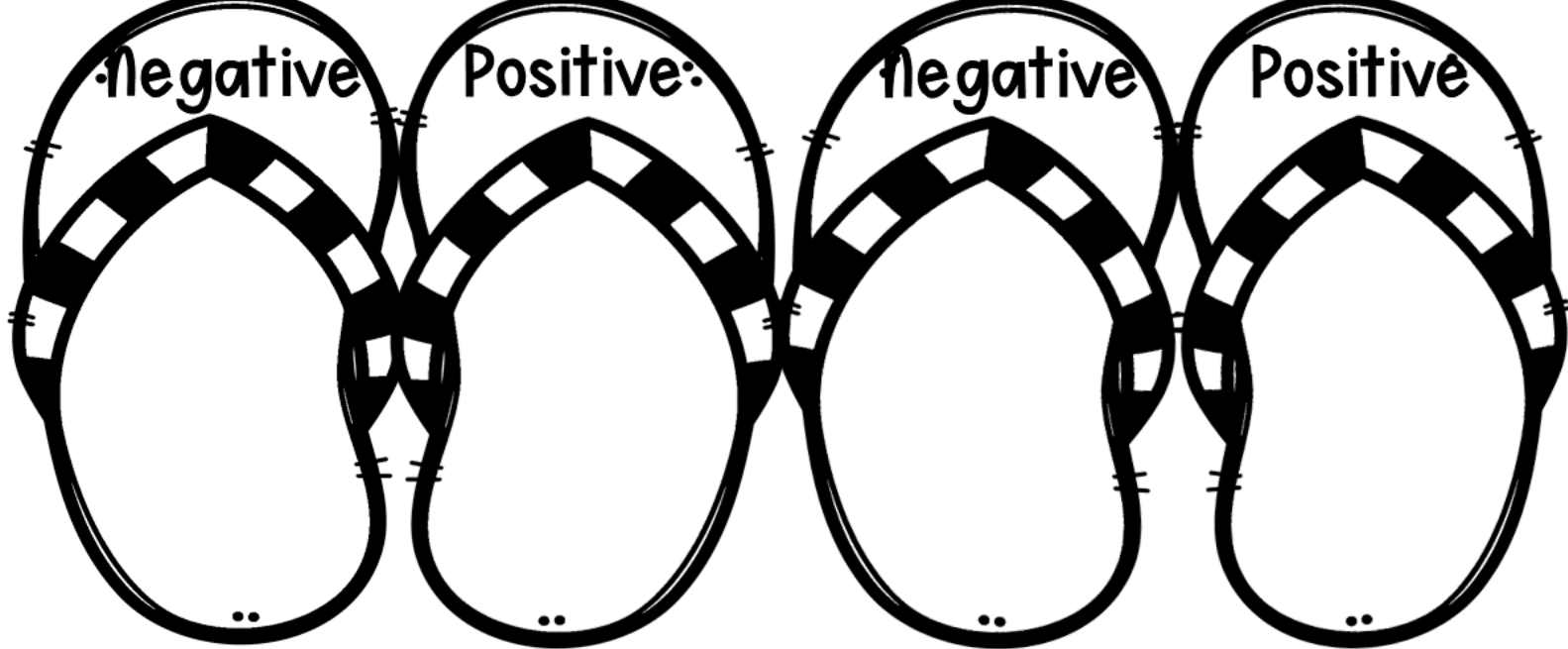
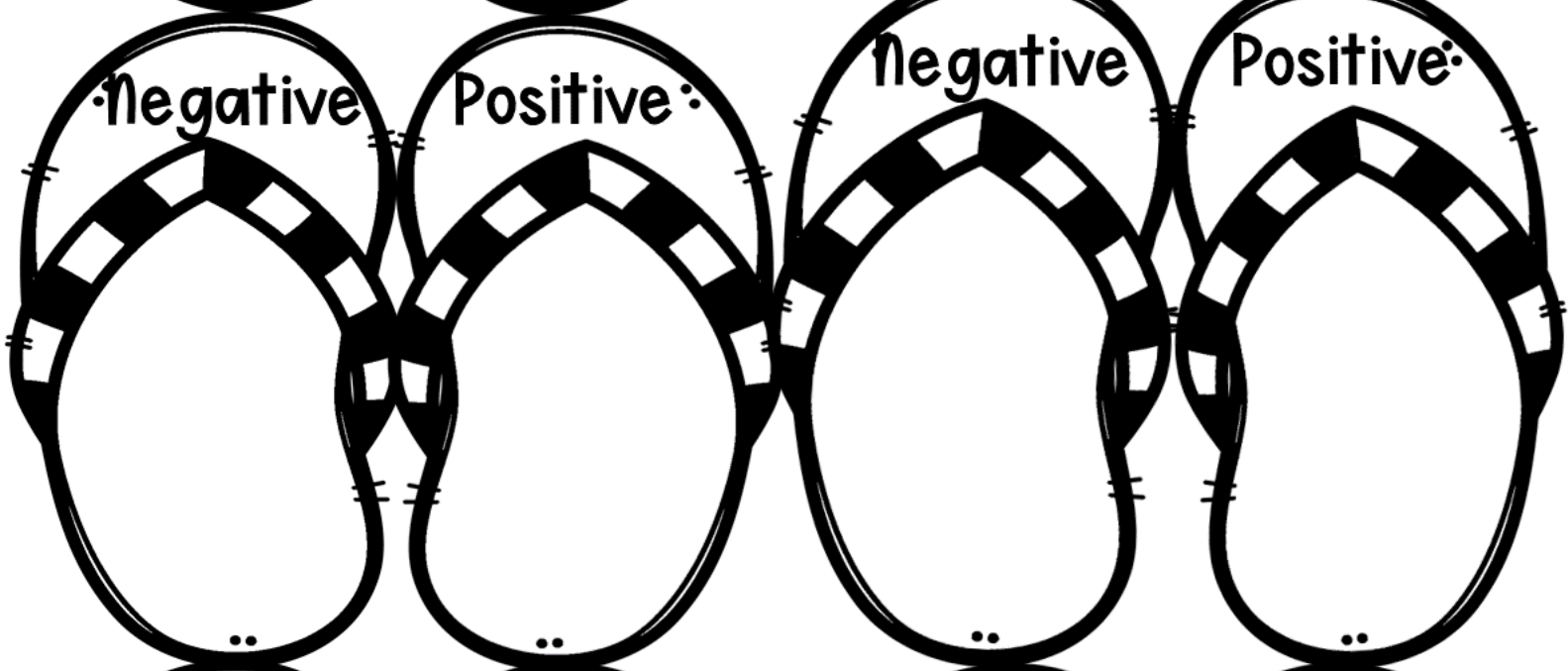
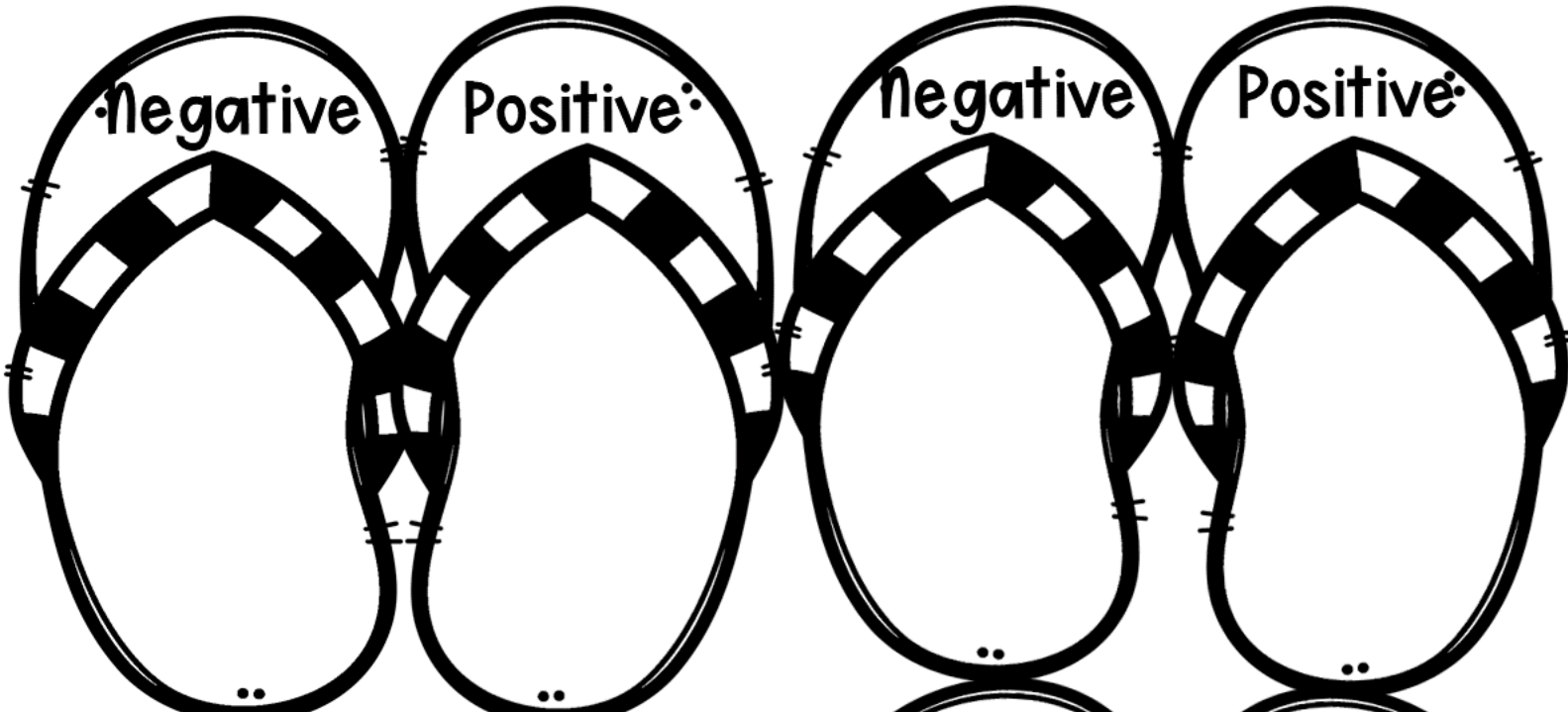
<b>negative</b> I can't get through this.	<b>Positive:</b>	<b>negative</b> People think I am weird.	<b>Positive:</b>
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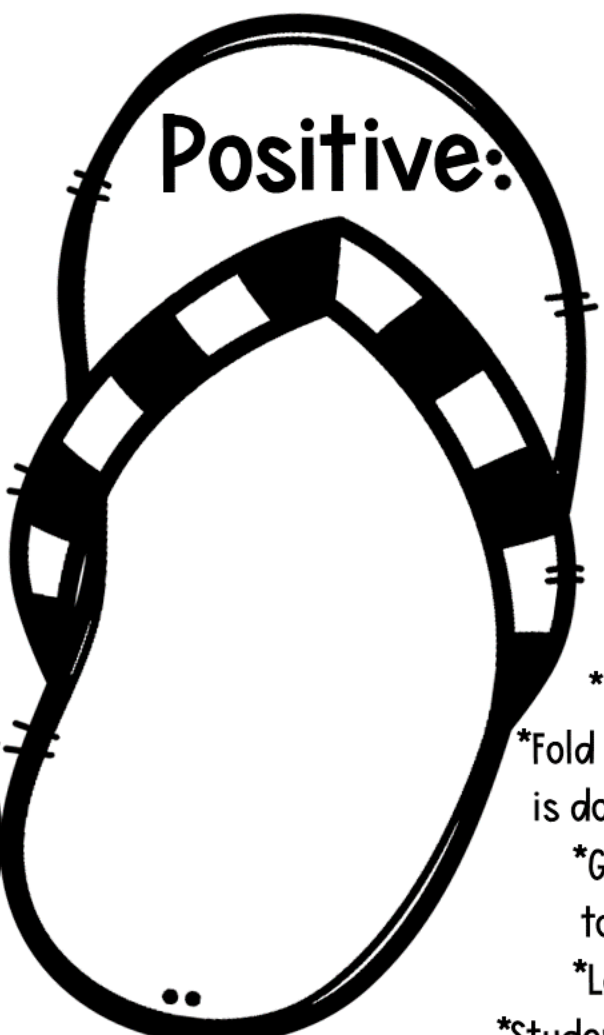
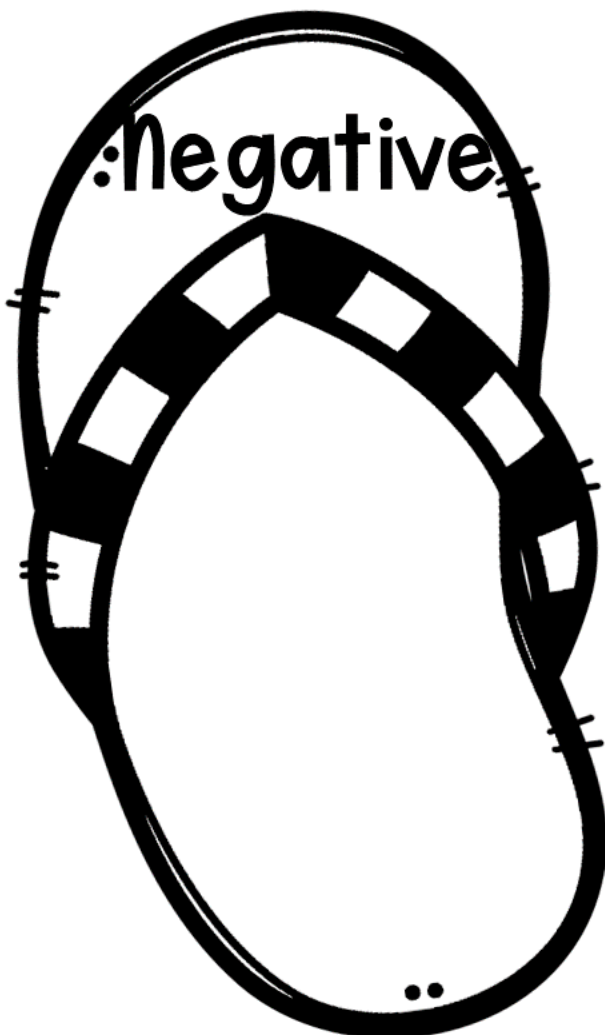
<b>negative</b> I will never be accepted.	<b>Positive:</b>	<b>negative</b> I do not have enough skills.	<b>Positive:</b>
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<b>negative</b> I do not have anything to offer.	<b>Positive:</b>	<b>negative</b> Even if I try, I won't be able to do it.	<b>Positive:</b>
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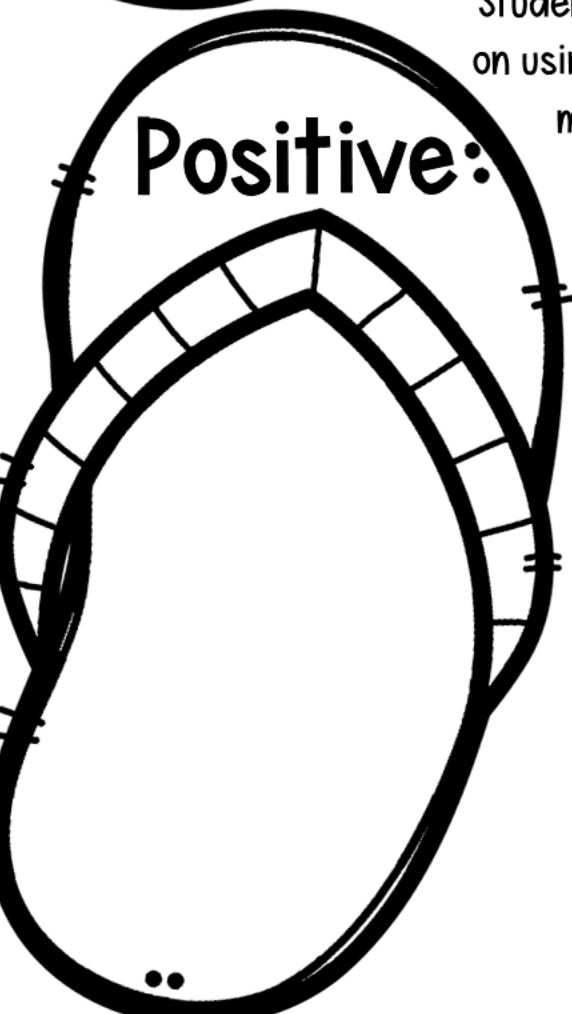
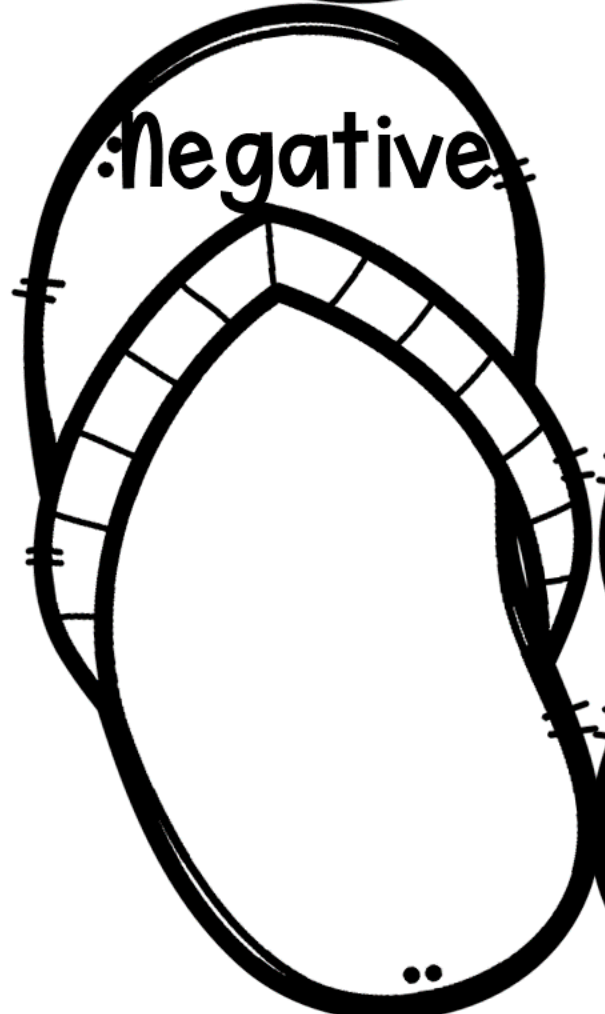
<b>negative</b> I will never make my goals.	<b>Positive:</b>	<b>negative</b> I am not going to improve at Reading.	<b>Positive:</b>
--	------------------	--	------------------

<b>negative</b> Things have a way of not working out for me.	<b>Positive:</b>	<b>negative</b> Spelling will never be something that I can do well.	<b>Positive:</b>
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- \*Cut out.
- \*Fold in half so it is double sided.
- \*Glue/tape together.
- \*Laminate.
- \*Students can write on using dry erase markers.





Negative Thought Flop



Positive Thought Flip

**I am not smart enough to do that.**



Four horizontal lines for writing a positive thought flip.

**I am not as beautiful as she/he is.**



Four horizontal lines for writing a positive thought flip.

**She/he would not want to be my friend.**



Four horizontal lines for writing a positive thought flip.

**I am not any good at this.**

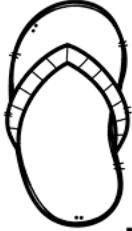


Four horizontal lines for writing a positive thought flip.

**It seems like I can't do anything right.**



Four horizontal lines for writing a positive thought flip.



Negative Thought Flop



Positive Thought Flip

**Even if I study,  
I won't pass.**



Four horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.

**I will never be  
as good as  
him/her.**



Four horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.

**I just can't  
do it.**



Four horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.

**He/she will never  
see me as  
pretty.**



Four horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.

**If I try, I will be  
disappointed when  
I fail.**



Four horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.



Negative Thought Flop



Positive Thought Flip

I give up, it is too hard.



Four horizontal lines for writing a positive thought.

I will never be that smart.



Four horizontal lines for writing a positive thought.

People do not like me.



Four horizontal lines for writing a positive thought.

My life will never get better.

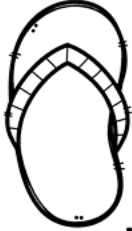


Four horizontal lines for writing a positive thought.

People see me as someone who is not capable.



Four horizontal lines for writing a positive thought.



Negative Thought Flop



Positive Thought Flip

He/she is better at sports than I am.



Four horizontal lines for writing.

I will never be as popular as I want to be.



Four horizontal lines for writing.

I am not the type of person to be on the honor roll.



Four horizontal lines for writing.

People always talk bad about me.

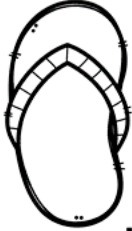


Four horizontal lines for writing.

My teacher likes everyone more than me.



Four horizontal lines for writing.



Negative Thought Flop



Positive Thought Flip

I do not have a lot of friends.



Four horizontal lines for writing.

I do not have many good qualities.



Four horizontal lines for writing.

People do not think I am funny.



Four horizontal lines for writing.

No one listens to me.



Four horizontal lines for writing.

If I do that, I will make a mistake.



Four horizontal lines for writing.



Negative Thought Flop

**I will not be successful when I grow up.**



Positive Thought Flip

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**I only have a few friends.**



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**I will never make my parents proud.**



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**I will not be able to improve my grades.**



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**I am never going to get better at Math.**



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Negative Thought Flop



Positive Thought Flip

There is nothing I am good at.



Four horizontal lines for writing.

I wish I was someone else.



Four horizontal lines for writing.

People think I am boring.



Four horizontal lines for writing.

I have too many problems in my life.

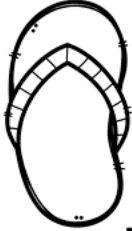


Four horizontal lines for writing.

I wish I looked like celebrities.



Four horizontal lines for writing.



Negative Thought Flop



Positive Thought Flip

People think I am ugly.



Four horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.

I will never impress my teacher.



Four horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.

I am not cool enough.



Four horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.

I am not good at anything in school.



Four horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.

I just can't be happy.



Four horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.



Negative Thought Flop



Positive Thought Flip

I am not smart enough to do that.



Four horizontal lines for writing a positive thought.

\* People think I am weird.



Four horizontal lines for writing a positive thought.

I am a failure.



Four horizontal lines for writing a positive thought.

I do not have enough skills.

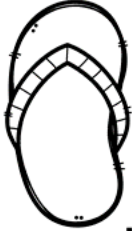


Four horizontal lines for writing a positive thought.

I will never be accepted.



Four horizontal lines for writing a positive thought.



Negative Thought Flop



Positive Thought Flip

**I know I am going to have a bad day.**



Four horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.

**I can't get through this.**



Four horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.

**I am a loser.**



Four horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.

**I will never make my goals.**



Four horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.

**I do not have anything to offer.**



Four horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.



Negative Thought Flop



Positive Thought Flip

Even if I try, I won't be able to do it.



Four horizontal lines for writing.

\* I feel like I am set up to fail.



Four horizontal lines for writing.

Things have a way of not working out for me.



Four horizontal lines for writing.

Spelling will never be something that I can do well.

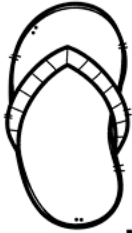


Four horizontal lines for writing.

\* I am not going to improve at Reading.



Four horizontal lines for writing.



Negative Thought Flop



Positive Thought Flip



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# GOOGLE CLASSROOM

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource into your Google Drive.

1 Click here  [Flip the Flop](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

**YOU HAVE TO MAKE A COPY FOR EACH STUDENT!**

Otherwise they will all be editing the same file.

Click "Assign" in the top right corner if you're ready to post!

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[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

# ABOUT THE AUTHOR



## I'M ASHLEY

an Elementary School Counselor.

I have a B.A. in Psychology and an M.A. in School Counseling. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning. I am a wife, and mother to 2 young boys. Thank you for supporting my little shop.

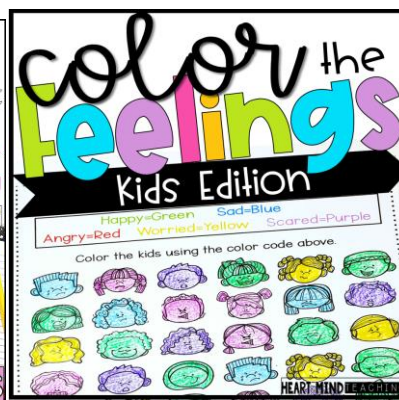
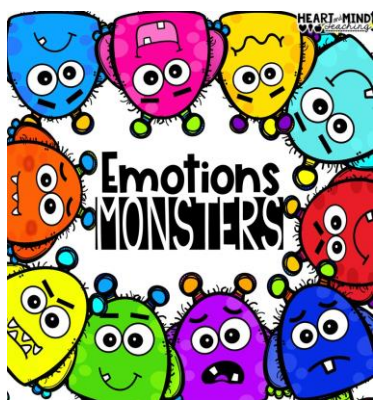
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