

## Coping: Putting on Rose-tinted Glasses

**Approximate time:** 20 minute tutor time session

**Materials:** Rose tinted glasses handout, paper/pen or iPad

**Aim/outcome:** To help the student to think more positively about their life and how this can make them feel more resilient

### **Explanation:**

Using the Handout with picture of rose tinted glasses, ask students to write the following:

- Write three positive things about yourself
- Write three positive things about other people
- Write three positive things about a situation where something negative happened but it turned out OK in the end

Once students have filled out the Handout

- Ask students what is a positive person?
- Do they see the good in people and situations?
- Do they generally see life as good or bad?
- If something bad happens can they see that they have learnt something from that situation?
- Can they look at a situation and see what they are learning from it and how it is helping become a better person?
- How would being positive help them feel more able to cope with the challenges of life?

### **Expansion activity:**

Write a gratitude diary where students write three things a day that they feel grateful about

### **One-to-one:**

Help a student fill out the Handout and encourage them to explore the concept of how feeling more positive about life can make them feel good and more resilient.

**Students say:** Do not force students to feel positive - it is important that they get a chance to discuss what it is like to be positive. Students might not be feeling positive which is ok - this is just an exercise to encourage students to explore the concept.

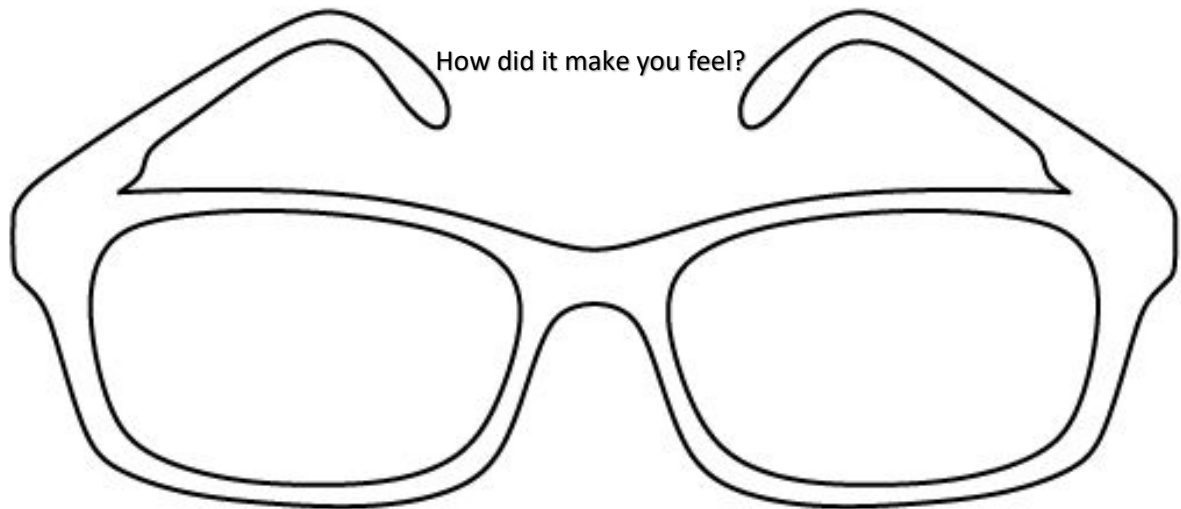
## Rose tinted glasses handout

Say 3 positive things about yourself...

Say 3 positive things about other people...

Say 3 positive things about a negative situation that turned out ok in the end...

Did you break the problem in to small steps?



What makes a positive person?

Do they see the good in people and situations?

If something bad happens, can a positive person see that they have learnt something?

Can you think of a time something difficult happened but you learnt from it?