



EduTrend Contents

G4C · GRATITUDE AND POSITIVE THINKING GAMES · PRIMARY

Flip It

Read an invented setback, name the feeling, then flip the card and find a kind, believable helpful thought

Ages 7–10

Level: Developing

25 minutes

Groups of 2–6 · up to 30

Activity 02

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 pupil worksheets · assessment checklist

ACTIVITY 02 · AT A GLANCE

Flip It

Each group has about ten cards with invented setbacks, such as “Mia’s painting got smudged” or “The trip was cancelled because of rain.” A player reads a card and says how the character might feel. Then they flip the card and suggest a helpful thought, such as “I can try again with a new idea.” Others give a thumbs up if the thought is both kind and believable.

Learning outcomes

By the end of the session pupils can:

- name feelings after setbacks;
- accept disappointment;
- suggest helpful, believable thoughts;
- judge thoughts fairly.

KEY WORDS

setback · feeling · helpful thought · believable · kind · flip

CURRICULUM LINKS

PSHE: resilience and wellbeing.
English: discussion.

1**SETTLE**

Calm start

2**EXPLAIN**

One game, clear rules

3**PLAY**

Invented characters

4**NOTICE**

Clues and feelings

5**TALK**

Different views are fine

6**CLOSE**

Calm and positive

Materials (per group)

- Setback cards (invented)
- Worksheets 1, 2 and 3

Before the session

- Write ten setback cards.
- Model one turn.
- Plan groups.
- Prepare thumbs-up rule.

SAFETY

Use invented setbacks only, not real events from the group. Never correct feelings.

ACTIVITY 02 · SESSION PLAN

Step by step

Accept the disappointment first, then look for a helpful thought.

Time	What happens	Say or ask
0–3 min Settle	Model a card.	<i>“How might Mia feel?”</i>
3–5 min Explain	Flip and thumbs-up rule.	<i>“Kind and believable?”</i>
5–20 min Play	Rounds in groups.	<i>“Is that thought believable?”</i>
20–25 min Close	Share favourite thoughts.	<i>“Which thought would help you?”</i>

CHALLENGE CARD (print or copy onto the board)

For each setback, find a helpful thought that is kind and that the character could really believe.

ACTIVITY 02 · FACILITATOR NOTES

The gratitude game know-how in brief

A helpful thought does not deny a setback; it offers another, more useful way to look at it.

Accepting the disappointment first makes a helpful thought more believable than forced cheerfulness.

Common ideas to listen for

- “Positive thinking means pretending.” Feelings are accepted first.
- “Any happy thought will do.” It must be believable.
- “Setbacks mean failure.” They are part of learning.

Adapting the activity

Support

The adult offers two helpful thoughts to choose from.

Stretch

Name one small action the character could take next.

WORKSHEET 1

Flip It record

Name: _____

Class: _____ Date: _____

For each card.

Flip It record

Setback	Feeling	Helpful thought

WORKSHEET 2

Thumbs up check

Kind and believable?

Thumbs up check

Thought	Kind?	Believable?

WORKSHEET 3

My helpful thought

Write it.

A helpful thought I could use is...

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight pupils; copy as needed.

Pupil	Names feelings	Suggests helpful thoughts	Judges believability

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Flip It is a sample activity from the EduTrend Contents G4C Gratitude and Positive Thinking Games programme (primary, level: developing). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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