



## **Video Lesson 4- Attitude 2: Labels Cause Limitations (6:04)**

### **WRITTEN ACTIVITY**

Activity image will appear at 03:00 but it is worth watching the explanation of the activity and actually only pausing the video at 04:01

Open up the link below for the list of Strengths and Weaknesses and ask pupils to write down 3 of their strengths and 3 of their weaknesses. (They do not have to be from the list, the list is just to help them if they are struggling to think of things).

Then ask the pupils to reframe their strengths into weaknesses and their weaknesses and their weaknesses into strengths. Get them to work in pairs or groups as it is often easier to reframe someone else's traits over our own, so they can help each other out with these. When trying to reframe, ask them to think of a context / situation where the strength would actually be a weakness. And vice versa, think of a context /situation where the weakness would actually be a strength.

Check out the Notes on Reframing for the Teacher below for lots of examples so you can guide them towards different contexts if they are struggling to reframe certain strengths or weaknesses.

### **DISCUSSION ACTIVITY**

Discuss the video lesson talk with your pupils.

### **NOTES ACTIVITY**

Re-watch the video lesson and pause the video to jot down the quotes & important points.

### **Reframing – Notes for the Teacher**

**It is useful to think of the extreme opposite of these “characteristics”, this will give you a good sense of contexts / situations where the “characteristic” can be reframed.**

**E.g. Undisciplined- someone who is the extreme opposite to this would be a really disciplined person, this is not healthy and therefore it must be important to be undisciplined at times.**

Some examples of how to reframe Weaknesses into Strengths:

- **Moody**  
-Moody people aren't afraid to show their emotions and be honest about how they're feeling. If they are having a crap day they'll tell you it's a crap day. Pretending that everything is great when it's not, is not healthy. People often mistake this for being positive but that's not what it means to be positive. One of the most positive things to do is to be honest and open about how you're feeling.
- **Sloppy**  
-Sloppy people aren't fixated on keeping things a certain way and because of this they tend to do what they are in the mood to do and not get fixated on tidying and organising. This can often mean that they prioritise their time in a more meaningful way.
- **Loose-tongued**  
-Loose-tongued people say it how they feel it. It can be very refreshing to know that someone will be totally truthful with you and not just tell you what you want to hear.
- **Rude**  
-Although it is never pleasant to be on the receiving end of an interaction with a rude person, sometimes a situation or context might require a rude response. Some people would have said that Rosa Parks was “rude” for not getting up and letting a white person sit in her seat on the bus. But this is a classic situation where Rosa Parks needed to be “rude” because the unfair situation required it.

- Cynical  
-Cynical people tend to be distrustful. It can be very important not to “trust” every situation / person blindly. You should listen to your gut about people and situations and if you find yourself being cynical, perhaps that’s something very important you need to listen to.
- Fearful / Pessimistic  
-If you were planning a big event, wouldn’t it be very useful to have someone pointing out all the things that could go wrong so that you could plan for this? Having a team of people telling you everything is going to be wonderful might result in you being unaware of possible situations that need to be considered in order to be prevented.

Some examples of how to reframe Strengths into Weaknesses:

- Respectful  
-Sometimes there are times when it is important to disrespect rules, especially if a rule is unfair. Many of our most positive changes in society evolved from people not being respectful in certain unfair situations.
- Self-Assured  
-People who are self-assured can have a tendency to think that they know best. This is not healthy all of the time. Being reluctant to listen to others or take on other people’s advice can be a real weakness.
- Enthusiastic  
-Enthusiastic people can sometimes rush into things without properly considering the situation. They may not take the time to properly plan ahead in order to avoid / prevent dangerous situations.
- Friendly  
-Sometimes it is very important to be wary of certain people, especially if your gut is telling you this. In these situations it would be wise not to be very friendly and instead it would be better to be stand offish until you know more about the person.
- Inspiring  
-Leaders of terrorist groups can give very “inspiring” speeches, and they persuade people to join them in their cause. However if you are inspiring people to do hateful acts, this is quite clearly a situation where this is very negative for all involved.

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