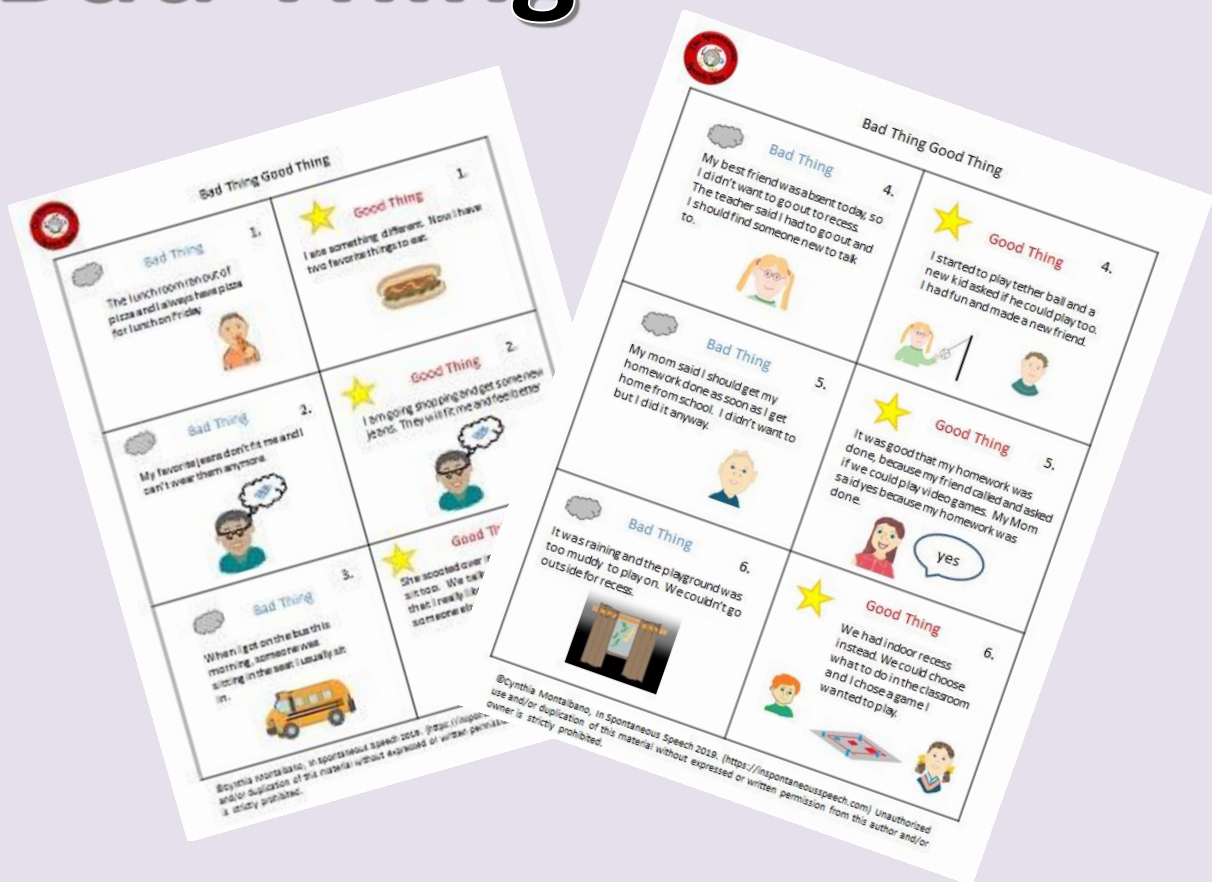


Bad Thing



Good Thing Perspective Taking Activity



32 Updated Cards



Bad Thing Good Thing

Students often focus on the negative part of a problem and have trouble seeing that something good could come from something bad. Higher level thinking allows us to take another more positive perspective. The purpose of these cards is to give opportunities to take different perspectives and determine if something good can come from a bad thing. This can help a student see the size of a problem, how to solve it, and reduce the anxiety associated with it.

The cards are meant to be printed on cardstock. Cut on the horizontal lines and not the vertical. The Bad Thing card is meant to stay attached to the Good Thing card. The Good Thing card can be folded back and glued to the back side of the Bad Thing card.

Present the Bad Thing side first and ask if the student can think of any good things that can come from it. There may be more than one acceptable answer for each card. The Good Thing side is a suggested answer.

I have used these cards for Social Skills Groups when looking at “The size of a problem,” and seeing perspectives such as “Is the glass half full or half empty?”

These cards are part of my social skills bundle which includes:

The Size of the Problem, Bad Thing Good Thing Perspective Taking Activity, It’s How You Say It, Unexpected and Expected Behavior Task Cards, Reply to a Comment Task Cards.

Please visit my blog site “In Spontaneous Speech








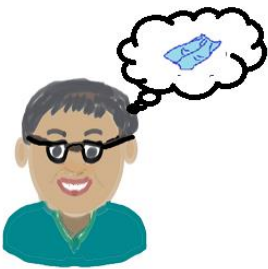




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Bad Thing Good Thing

 <p>Bad Thing 1.</p> <p>The lunch room ran out of pizza and I always have pizza for lunch on Friday.</p> 	 <p>Good Thing 1.</p> <p>I ate something different. Now I have two favorite things to eat.</p> 
 <p>Bad Thing 2.</p> <p>My favorite jeans don't fit me and I can't wear them anymore.</p> 	 <p>Good Thing 2.</p> <p>I am going shopping and get some new jeans. They will fit me and feel better</p> 
 <p>Bad Thing 3.</p> <p>When I got on the bus this morning, someone was sitting in the seat I usually sit in.</p> 	 <p>Good Thing 3.</p> <p>She scooted over in the seat so I could sit too. We talked and I found out that I really liked her. Now I know someone else I can talk with at recess.</p> 



Bad Thing Good Thing



Bad Thing

4.

My best friend was absent today, so I didn't want to go out to recess. The teacher said I had to go out and I should find someone new to talk to.



Good Thing

4.

I started to play tether ball and a new kid asked if he could play too. I had fun and made a new friend.



Bad Thing

5.

My mom said I should get my homework done as soon as I get home from school. I didn't want to but I did it anyway.



Good Thing

5.

It was good that my homework was done, because my friend called and asked if we could play video games. My Mom said yes because my homework was done.



Bad Thing

6.

It was raining and the playground was too muddy to play on. We couldn't go outside for recess.



Good Thing

6.

We had indoor recess instead. We could choose what to do in the classroom and I chose a game I wanted to play.





Bad Thing Good Thing



Bad Thing 7.

I lost my home work assignment and I had to do it over again.



Good Thing 7.

It was easier to do it the second time, and I did it better. I got a good grade.



Bad Thing 8.

I am moving to a new school and I don't want to leave my friends. I don't know anyone at the new school.



Good Thing 8.

I will meet new people and make new friends. It will be an adventure.



Bad Thing 9.

I had a fight with my best friend and now she is mad at me. She doesn't want to hang out with me.



Good Thing 9.

I said I was sorry and asked if she could come to my house for a play date. She said she would like that.



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