**3 Lines….3 More**

**English 12**

Write down three lines that you sometimes (often?) hear yourself saying to/about yourself. These lines must be negative self-talks, similar to the ones in the article.

Do it.

ex

1. I am such a glutton; why did I eat half that bag of milk chocolate Chip-its?

2. This unit is going nowhere even though I have been teaching for 18 years. What an idiot!

3. Who leaves a barbeque on all night? Stupid dumb dumb.

**Now 3 more, but with a positive self-talk-spin.**

1. Yes, I am only human, but I don’t always need to eat fat and sugar to motivate me to exercise.

2. Hey, spontaneity in life is a good thing; we have enough to plan for why not let things just take their “proverbial” course for a change.

3. A lack of communication was to blame. An honest mistake and nobody got hurt. It’ll never happen again…in theory.

**Creative Writing: Lost but Not Forgotten**

1. Write down two things that people lose – on two different slips of paper.

2. Watch the video and come up with one “Big Takeaway”. What stands out in your mind?

3. Now select one of the two skips you receive and write a 6-8 sentence personal anecdote from the perspective of someone who has lost this thing.

 - use ONE word of the week

 - use TWO writing techniques

- hit us in the “feels” with your personal and powerful language. Give us a sense of what “you’re” feeling.

- BUT, end with a positive spin on things! After appealing to our emotions, give us the rational, logical response that will turn things around, or have turned things around