

Resources:

- Pens/pencils for writing or scribing
- Optional larger sheets of paper for a more kinaesthetic approach to the activity

Develops:

- Self-understanding
- Confidence
- Meta-cognition
- Sense making

Positive Talk

Reframing negative self-thoughts about dyslexia

Turning negative thoughts about dyslexia in to positive ones can help a dyslexic individual to explain their way of doing things to others, confidently and unapologetically.

With more awareness in how they learn, plan and work, a dyslexic person can better self-advocate, actively creating the conditions they need to learn and work at their best. This can be particularly useful when preparing for transitions into further education or a new job where reasonable adjustments may be needed.

Dyslexic people can tend to engage in more negative self-talk than positive. Finding the positive message to counter the negative thought may be a challenging to adapt to and require some prompting and suggestions. This can be an effective peer group activity, where learners feel encouraged to 'problem solve' collectively. Participants take turns to share a negative thought about their dyslexia and the group collectively problem solve and identify a positive take on the individual's identified challenge.

The worksheet provides a couple of examples. The activity can be delivered more interactively using larger pieces of paper and post-its to note the problems and solutions generated, though learners will benefit from having their own record to refer back to.

Turn negative thoughts about dyslexia into positive ones. This can help explain your dyslexia to others, to help them value your way of doing things.

I'm not good at typing or writing

I use voice recordings, video and speech-to-text programmes to get my message across

I think slowly

I take time to process all the information so I make the best decision